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12:1:1

A full-body photograph of a male bodybuilder, David Paterik, flexing his biceps. He is shirtless, showing a very low body fat percentage with highly defined abdominal and chest muscles. He is wearing black athletic shorts. The background is dark with a subtle diamond-patterned texture. A thin red horizontal line is positioned above his head.

David Paterik

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INSIDE THIS MONTH

MARCH 2015**FEATURES****32 ARNOLD'S SECRETS OF SUCCESS**

Twelve important lessons the Oak learned from his bodybuilding journey.

114 THE ULTIMATE ARM WORKOUT

Add a permanent inch in one month.

134 GET BIG ON A TINY BUDGET

Quality foods to help you grow on less.

142 LOVELY LIBERATORE

Cristina Liberatore opens up about her life offstage.

148 THE EDUCATION OF EDUARDO

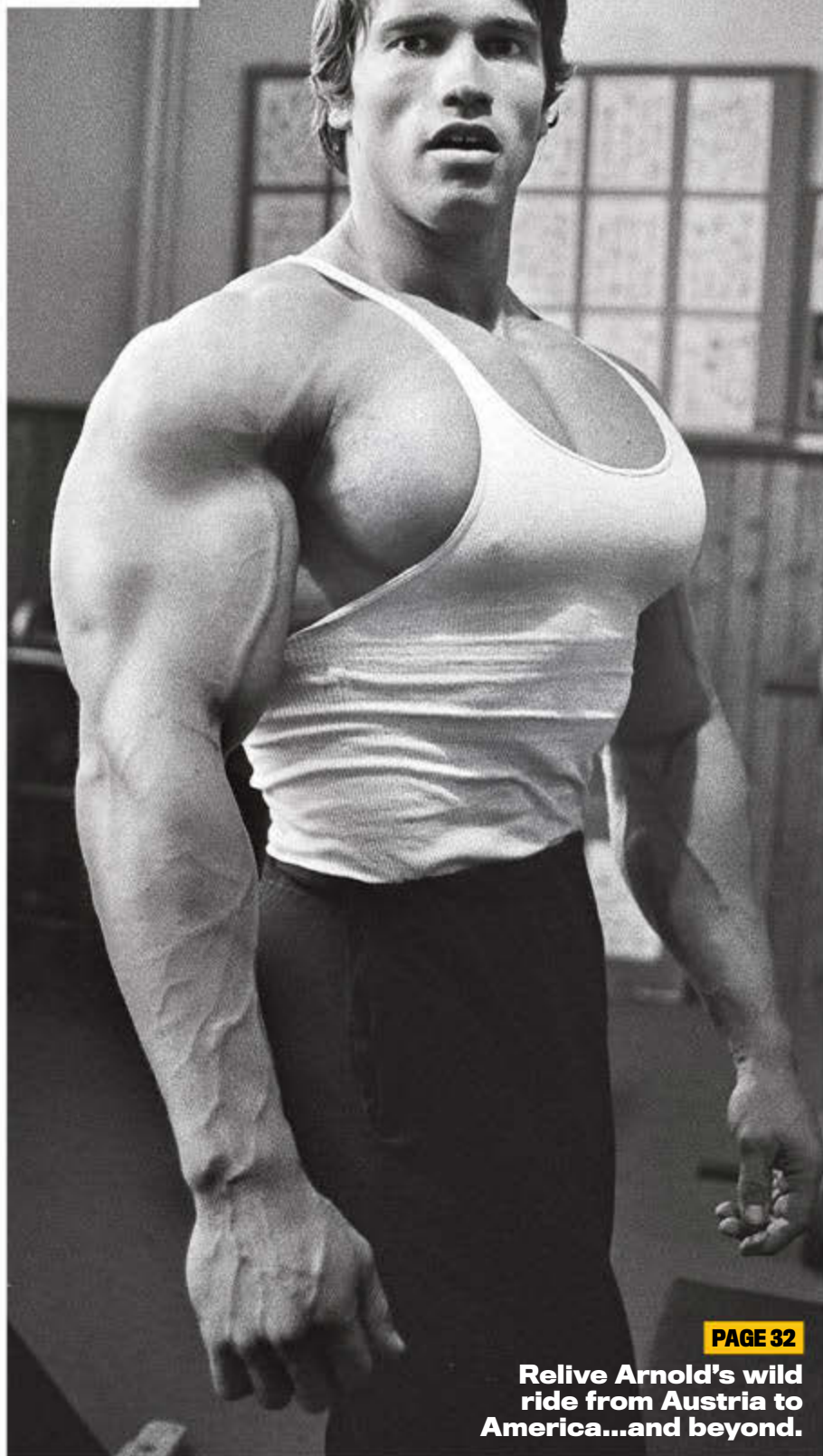
212 Showdown runner-up Eduardo Correa has victory in his sights.

160 ABSOLUTE LEG ANNIHILATION

Baito Abbaspour's routine will thrash your legs.

174 WHEELER COMES CLEAN

How pride and demons nearly killed Flex Wheeler.

DEPARTMENTS**16 CHAIRMAN'S LETTER****18 ARNOLD'S PAGE****20 EDITOR'S LETTER****55 1ST SET****71 LIFT****97 FOOD & SUPPS****191 LAST SET****206 EVENTS****208 THE SHOT****PAGE 32**

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FROM THE CHAIRMAN

A TIMELESS TRADITION

THE 2015 ARNOLD SPORTS FESTIVAL, MARCH 5-8

It's hard to believe that it's been 26 years since Jim Lorimer and Arnold Schwarzenegger launched the inaugural Arnold Classic, but not at all surprising that their event has withstood the test of time. Both men are consummate professionals passionate in their mission to promote health, fitness, and sports across the globe.

As a loyal reader of FLEX magazine you'll notice that we regularly feature articles previewing and covering the Arnold Sports Festival, including the issue you hold in your hands. That's because I believe that by supporting Jim and Arnold's efforts we're supporting the entire fitness community. What they have done to grow the Arnold from a simple bodybuilding competition in 1989 to the global fitness festival it is today is nothing short of spectacular, and they are to be commended for helping to recruit so many millions into the fitness family.

Speaking of family, I'm proud once again to feature our executive editor Arnold Schwarzenegger on the cover of this magazine. As you surely know by now, Arnold's relationship with Weider Publications spans all the way back to 1968, when founder Joe Weider "discovered" him at the 1968 Mr. Universe contest in Miami—the same year Joe featured Arnold on a cover for the first time. Speaking of hard to believe, it's been 47 years between then and now, but I'm very happy to be able to keep Arnold's relationship with our titles going strong, for now and for the future.

I hope you're able to get to Columbus, OH, March 5-8 to experience the 2015 Arnold Sports Festival in person, but if you're unable, you can be sure to find extensive coverage of all the action right here, in the pages of FLEX, and on FLEXonline.com.



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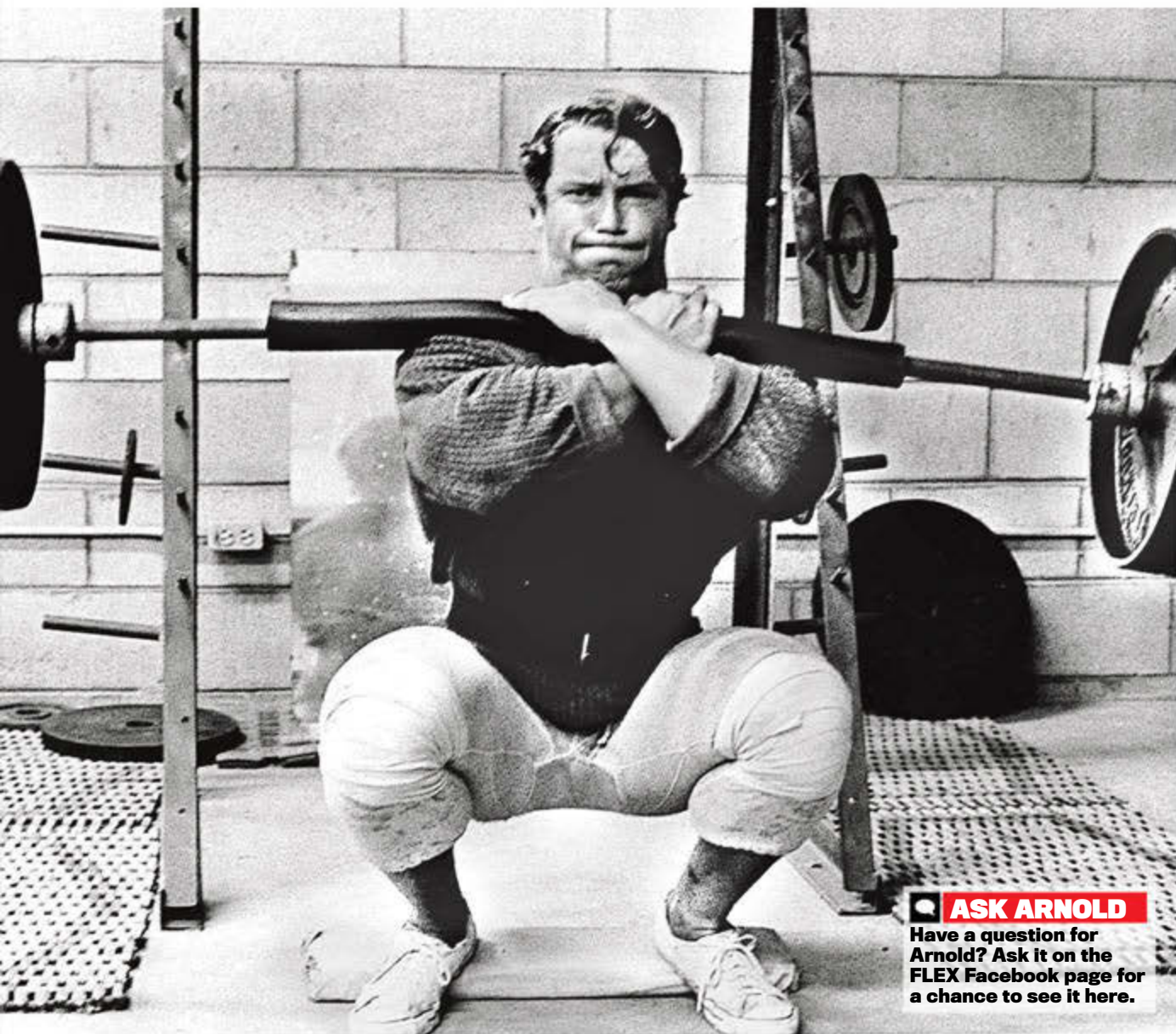
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ASK ARNOLD
Have a question for Arnold? Ask it on the FLEX Facebook page for a chance to see it here.

WINTER HEAT

I was recently asked on the Facebook page of FLEX's brother publication, Muscle & Fitness, about winter training. Since it's a season-appropriate subject, I thought I'd share my tips here.

I trained through many a cold Austrian winter when temperatures would routinely drop to zero and below. I can remember workouts during which my hands actually froze to the bar and I had to rip them off! The main thing that I learned to make those

workouts as productive and safe as possible was to take more time to warm up.

Start your session with several layers of clothes on, and do what is today called a "dynamic warmup." This means calisthenics like jumping jacks and other body-weight movements that take your muscles through a full range of motion. The goal is to break a sweat as well as to pump some blood into the muscles and fluid into the joints so that when you pick up the iron you won't strain yourself.

WARM UP TO TRAIN IN SUB-ZERO WEATHER

As you warm up, you can take some layers off. Another tip: Wear neoprene elbow and/or knee sleeves to keep your joints warm and offer some stability. If all else fails, come to sunny California! That's what I did in 1968, and I haven't looked back since.

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FROM THE EDITOR

THE OAK SPEAKS

ARNOLD SCHWARZENEGGER IS MORE THAN AN ICON: HE'S AN ICON WITH A SENSE OF HUMOR AND A LOT TO SAY ABOUT BODYBUILDING

There are a lot of gratifying aspects to being a part of Team FLEX, not the least of which is getting to work with the amazing people who produce it each month. But I'd be lying if I didn't admit that among the best has been getting to know my boyhood hero, FLEX executive editor Arnold Schwarzenegger.

I was dumbstruck the first time I met him (and, truthfully, a few times after as well). Yet, as I slowly got to know him, I began viewing Arnold in a new light: as a person, rather than as an icon. But to be honest, part of me feared knowing him too well. What if the man didn't measure up to my entirely unrealistic expectations of him?

Happily, what I've discovered is that Arnold is even cooler than his public image. Charismatic, funny, generous, loyal to his friends—he's a good guy who just happens to be one of the most famous men on the planet. But what I like best about him is his unwavering passion for bodybuilding. Although we've discussed a number of topics over the years, he always has a glint in his eye when the talk turns to training. He loves it every bit as much as he did when he was competing, and he's always a font of valuable information.

"It's all about getting the mind into the muscle," he exclaimed after I mentioned a quote in which he said he could make a 20-pound concentration curl as effective as one done with a 50-pound dumbbell. "It doesn't matter if it's 20 pounds or 50 pounds or 100 pounds. I'd rather go light and get my head totally into the biceps using strict form rather than just throwing a heavy dumbbell around. That is the secret to big biceps!"

I couldn't be prouder to honor Arnold with this, his 24th FLEX

cover, and I look forward to continuing to learn from the Oak, and sharing his wisdom with you.

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SHAWN PERINE,
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Dietary Supplement

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SERVINGS



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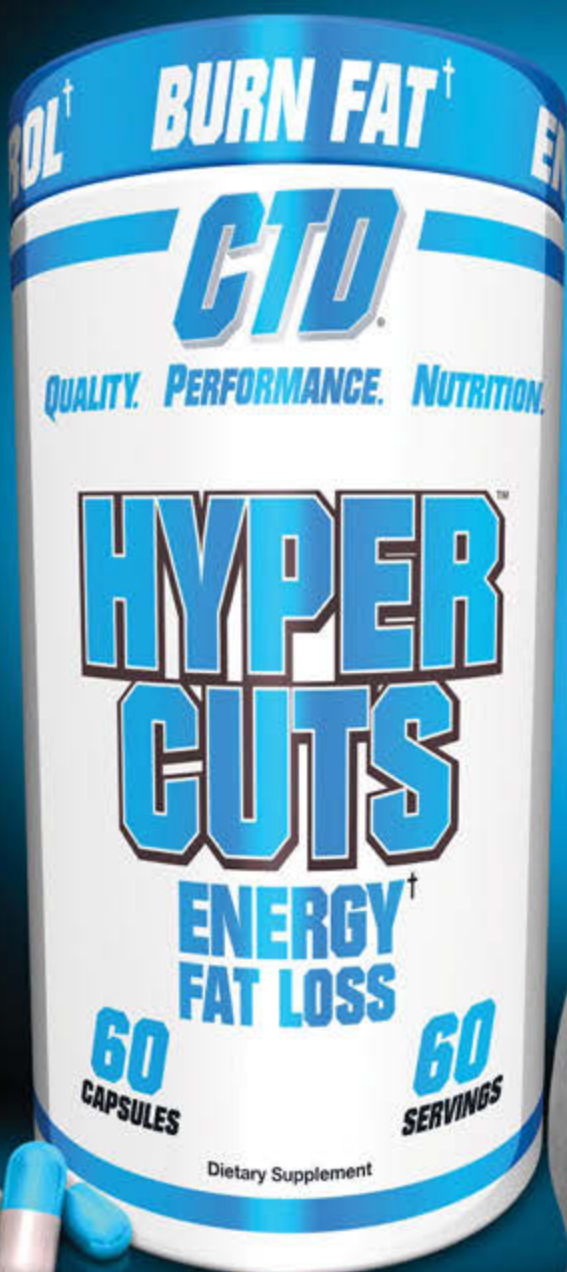
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A R N O L D'S

SECRETS OF SUCCESS

ARNOLD SCHWARZENEGGER'S
BODYBUILDING JOURNEY
AND THE 12 LIFE LESSONS HE
LEARNED ALONG THE WAY



SUCCESS STORIES DON'T GET MUCH BIGGER THAN HIS.

A skinny kid in rural Austria grows and grows and grows to conquer bodybuilding like no one before or since. And then, against all odds, the muscleman with a thick accent and funny name again ascends from the bottom to the top—to the peak of Hollywood fame and fortune. And then this immigrant and novice politician is elected and re-elected governor of California, a state with a population more than four times his native country. So when Arnold Schwarzenegger reveals his secrets for success, you'd better pay close attention. He outlined six of them in a commencement speech. We've incorporated those six and added six more—life lessons he learned over his 17-year competitive bodybuilding career. We trace the seven-time Mr. Olympia's journey from his first workout to his final contest. And we explain the 12 rules that fueled his climb to higher heights than anyone—besides the ever-optimistic Arnold himself—could've imagined.

BY GREG MERRITT

PHOTOGRAPHS COURTESY OF WEIDER HEALTH AND FITNESS, MIKE NEVEUX,
ALBERT BUSEK, CARUSO & ART ZELLER/FITNESS PUBLICATIONS INC.

KEY



CONTESTS



EVENTS



PEOPLE



PLACES



CONTESTS

1964 Mr. Steiermark, 4th*

1964 Mr. Herkules, 3rd*

1964 Mr. Austria, 3rd*

* Held in the same Graz location on the same day, April 26, when Arnold was 16.

TRUST YOURSELF

RULE
01

"I WAS DETERMINED TO BE UNIQUE." NO MATTER WHAT ANYONE ELSE SAID, ARNOLD BELIEVED HE COULD MAKE HIS BODYBUILDING DREAMS COME TRUE.



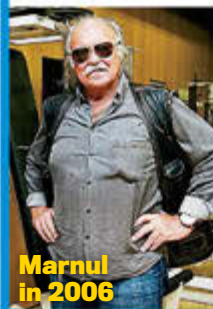
THAL

Arnold lived his first 19 years in his family's two-story cottage in Thal, Austria, a farming community in the idyllic hills near the city of Graz.



KURT MARNUL

At Thal Lake on a hot Sunday in July 1962, 154-pound Arnold struck up a conversation with a popular muscleman. Kurt Marnul had launched Austria's first bodybuilding gym in 1958 and entered a Mr. Universe in 1961. Marnul, who won the 1964 Mr. Austria, invited the eager teen to his gym.



Marnul in 2006

ATHLETIC UNION GRAZ

"And there it was before me, my life—the answer I'd been seeking," said the future seven-time Mr. Olympia of the moment he entered Marnul's gym, around the time he turned 15. He trained religiously thereafter.



GRAZ: GREG MERRITT; MARNUL & THAL: KEVIN HORTON (2)



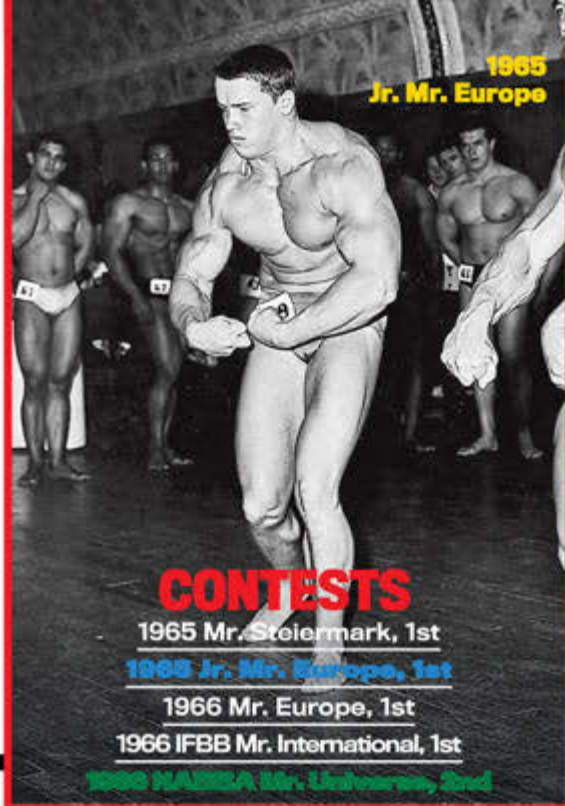
FRANCO COLUMBU

The Sardinian Columbu was 24 and competing in a powerlifting meet staged with the Jr. Mr. Europe when he and Arnold met. They became training partners in Munich and later training and (brick-laying) business partners in California. **Columbu won the Mr. Olympia in 1976 and 1981.**

RULE
02

TEAM
UP

HE KNEW A STRONG AND KNOWLEDGEABLE PARTNER COULD ASSIST AND MOTIVATE HIM. SO HE TEAMED WITH POWERHOUSE FRANCO COLUMBU FOR WORKOUTS. ARNOLD LATER APPLIED THIS SUCCESS SECRET TO BUSINESS.



1965
Jr. Mr. Europe

CONTESTS

1965 Mr. Steiermark, 1st

1965 Jr. Mr. Europe, 1st

1966 Mr. Europe, 1st

1966 IFBB Mr. International, 1st

1969 NABBA Mr. Universe, 2nd

1965-1966

ALBERT BUSEK

Although only 23, Busek was already editor of a German bodybuilding magazine when he co-produced the Jr. Mr. Europe in Stuttgart, Germany on Oct. 31, 1965 and met the Austrian phenom. **Busek has been championing his friend's career for 50 years.**

WAG BENNETT

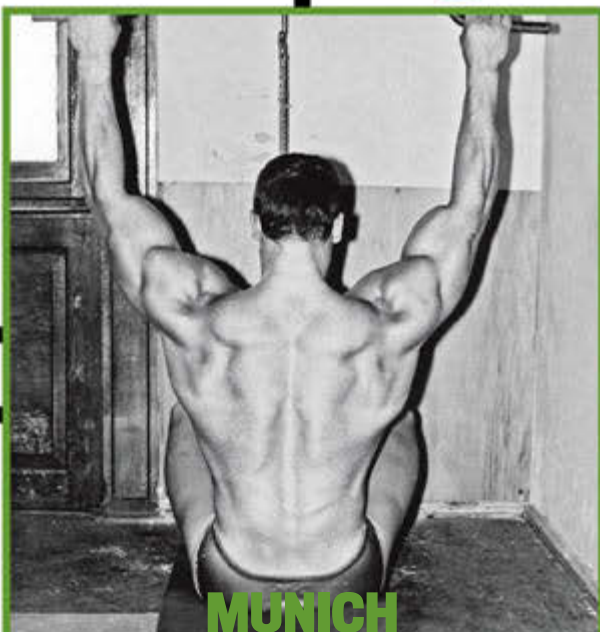
Gym owner

Bennett promoted this contest and **became an early mentor of the Austrian Oak.** The Portsmouth, England, house of Wag and Dianne Bennett was Arnold's second home during his Munich years.



LONDON

Sept. 24, 1966. At 230 pounds and less than a month past his 19th birthday, **Arnold placed second in his class** behind the overall winner, Chet Yorton. When word of the colossal teenager's runner-up Mr. U finish spread, he became a bodybuilding sensation.



MUNICH

In August 1966, shortly after turning 19, Arnold moved to Germany. **He lived in Munich for the next two years,** training with new best friend Columbu in a gym Busek managed.



CONTESTS

1967 NABBA
Mr. Universe, 1st

1968 IFBB
Mr. Universe, 2nd

1968 NABBA Pro
Mr. Universe, 1st



MIAMI

Sept. 28: a monumental contest for 21-year-old Arnold. **This was his introduction to America** and his initial meeting with his greatest mentor.

LEARN FROM MISTAKES

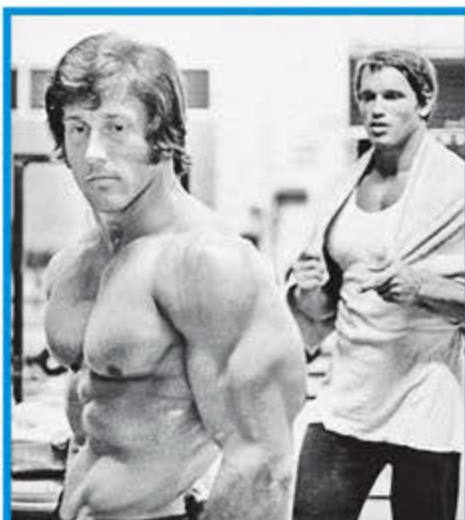
RULE 03

WHEN SMOOTH 250-POUND ARNOLD LOST THE 1968 MR. U TO LEAN AND POLISHED FRANK ZANE, HE LEARNED A VALUABLE LESSON. AFTERWARD, HE PAID CAREFUL ATTENTION TO ALL THE DETAILS.

PROFIT FROM MENTORS

RULE 04

JOE WEIDER TAUGHT ARNOLD ABOUT TRAINING, POSING, PROMOTING, AND BUSINESS. THROUGHOUT HIS DIVERSE CAREERS, ARNOLD HAS BENEFITTED FROM THE WISDOM OF EXPERIENCED ADVISERS.



FRANK ZANE

Boos rained when Zane was declared victorious at the 1968 Mr. Universe, but mostly because he upset expectations. Zane was much smaller but also **much sharper** than the Austrian phenom. Subsequently, Zane won three Olympias (1977-79).

JOE WEIDER

Backstage before the contest, Arnold met the man he would come to regard as his second father, Joe Weider, who was already a legendary businessman and promoter. That night, Arnold accepted Weider's offer to move to California. Soon, the eager immigrant became a mainstay on the covers as well as in the articles and ads of Weider's bodybuilding magazines.



LOS ANGELES

In late 1968, with Weider's support, Arnold moved to Southern California.



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ARNOLD'S BICEPS/TRICEPS, FOREARMS, AND CALVES

EXERCISE	SETS	REPS
Barbell Cheat Curl superset with Close-grip Bench Press	5	6-10
Incline or Seated Dumbbell Curl superset with Cable Pushdown	5	6-10
Preacher Curl superset with Lying Extension	5	6-10
Concentration Curl superset with Dumbbell Kickback	5	6-10
Wrist Curl	4	10
Reverse Barbell Curl	4	8
Wrist-roller Machine	n/a	To failure
Standing Calf Raise	10	10
Seated Calf Raise	8	15
Unilateral Calf Raise (holding dumbbell)	6	12

NOTE: Ab work comprised 30 minutes of exercises including Roman chair situps, lying leg raises, cable crunches, and broomstick twists.

**Flexing in the
Bavarian Alps
in 1967**

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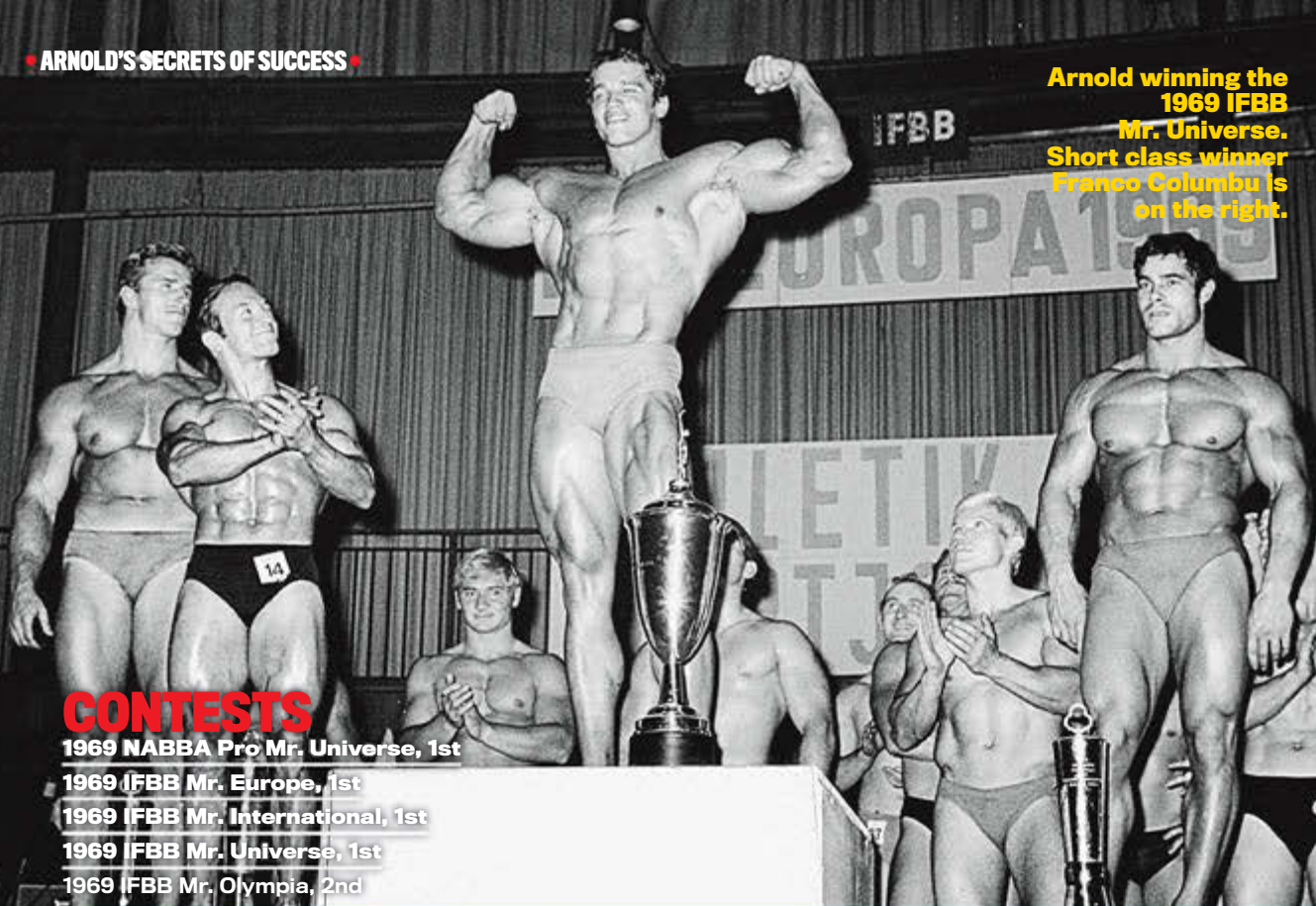


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LIVE WELL

Arnold winning the 1969 IFBB Mr. Universe. Short class winner Franco Columbu is on the right.



CONTESTS

1969 NABBA Pro Mr. Universe, 1st

1969 IFBB Mr. Europe, 1st

1969 IFBB Mr. International, 1st

1969 IFBB Mr. Universe, 1st

1969 IFBB Mr. Olympia, 2nd

JOE GOLD

By the mid-'60s, Joe Gold was a World War II Navy veteran, a retired competitive bodybuilder, and a sometimes merchant marine. He was a member of the Dungeon collective, but he **had a plan for a sunnier place**. In 1965, he opened Gold's Gym in Venice.

1969

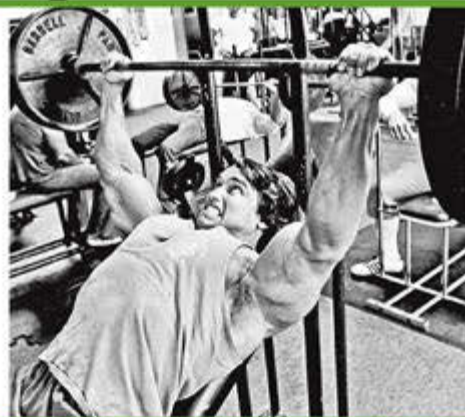
SANTA MONICA & VENICE

The original Muscle Beach, located in Santa Monica, was a magnet for physique stars in the '40s and '50s. After it closed in 1959, much of the equipment and many of the best bodybuilders relocated to a basement, nonprofit gym nicknamed **"the Dungeon"** in neighboring Venice.



GOLD GYM

Built by Gold and his muscular friends, it had scarce parking, cinder block walls, and a concrete floor. Gold's Gym also had heavy-weight equipment built (by Gold) to withstand torturous workouts. Most important, **many of the world's best physiques toiled together there**. In 1969, the members included Dave Draper, Frank Zane, Franco Columbu, and the charismatic immigrant who was fast becoming the world's most popular bodybuilder, Arnold Schwarzenegger.



CHOOSE A NOURISHING ENVIRONMENT

RULE
05

IN FERTILE SOIL A SEED CAN GROW INTO AN OAK. TRAINING IN GOLD'S VENICE TWICE DAILY AMID HIS FELLOW MR. UNIVERSES EXPOSED ARNOLD TO POSITIVE REINFORCEMENT, CONSTRUCTIVE CRITICISM, AND PRACTICAL KNOWLEDGE.

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Arnold battles Sergio Oliva at the 1970 Mr. Olympia.

CONTESTS

1970 AAU Pro Mr. World, 1st
1970 NABBA Pro Mr. Universe, 1st
1970 IFBB Mr. Olympia, 1st

BREAK THE RULES

RULE 06

EARLY IN HIS CAREER, ARNOLD'S CALVES LAGGED. BUT AFTER CONSULTING WITH REG PARK, HE WORKED THEM SIX DAYS PER WEEK—AN UNORTHODOX APPROACH THAT HELPED TURN A WEAKNESS INTO A STRENGTH. "YOU HAVE TO THINK OUTSIDE THE BOX," ARNOLD STATES.

COLUMBUS

The largest city in Ohio was the site of Arnold's breakthrough American victory. And it's been the home of his namesake pro contest and fitness festival, the Arnold Classic, since its genesis in 1989.



REG PARK

When Arnold started bodybuilding, Park was his idol. A three-time Mr. Universe and four-time cinematic Hercules, Park was making a comeback at 42 when 23-year-old Arnold bested him.

VETERANS MEMORIAL

Opened in 1955 and closed in 2014, the Vet in Columbus was bodybuilding's most venerable venue. Six Olympias and 26 Arnold Classics were held there, all co-produced by Arnold and Jim Lorimer. The Vet's special place in Arnold's heart and bodybuilding lore was secured when Arnold defeated Sergio Oliva (then the reigning and three-time Mr. Olympia) there on Sept. 19, 1970 for the Pro Mr. World title.

JIM LORIMER

A World War II Navy veteran and former insurance agent, Lorimer promoted the 1970 Pro Mr. World. After Arnold retired in 1975, Arnold and Lorimer began co-promoting contests, a relationship that continues to the present day.

1970



HERCULES IN NEW YORK

Arnold's big-screen debut (shot in 1969, released in 1970)—a forgettable, low-budget flick. Arnold stars as Herc, just as Park did in the movies that inspired teenage Arnold.



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*PRO BCAA contains 13g of amino acids, of which 8g are BCAAs and 5g are Glutamine
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RULE
07

INVITE COMPETITION



TO BE HIS BEST, ARNOLD HAD TO BEAT THE BEST. THAT'S WHY HE WELCOMED HIS DUELS WITH OLIVA—THE ONE MAN IN THE WORLD WHO COULD TRULY CHALLENGE HIM WHEN BOTH WERE AT THEIR PEAKS.

CONTESTS

1971 IFBB
Mr. Olympia, 1st

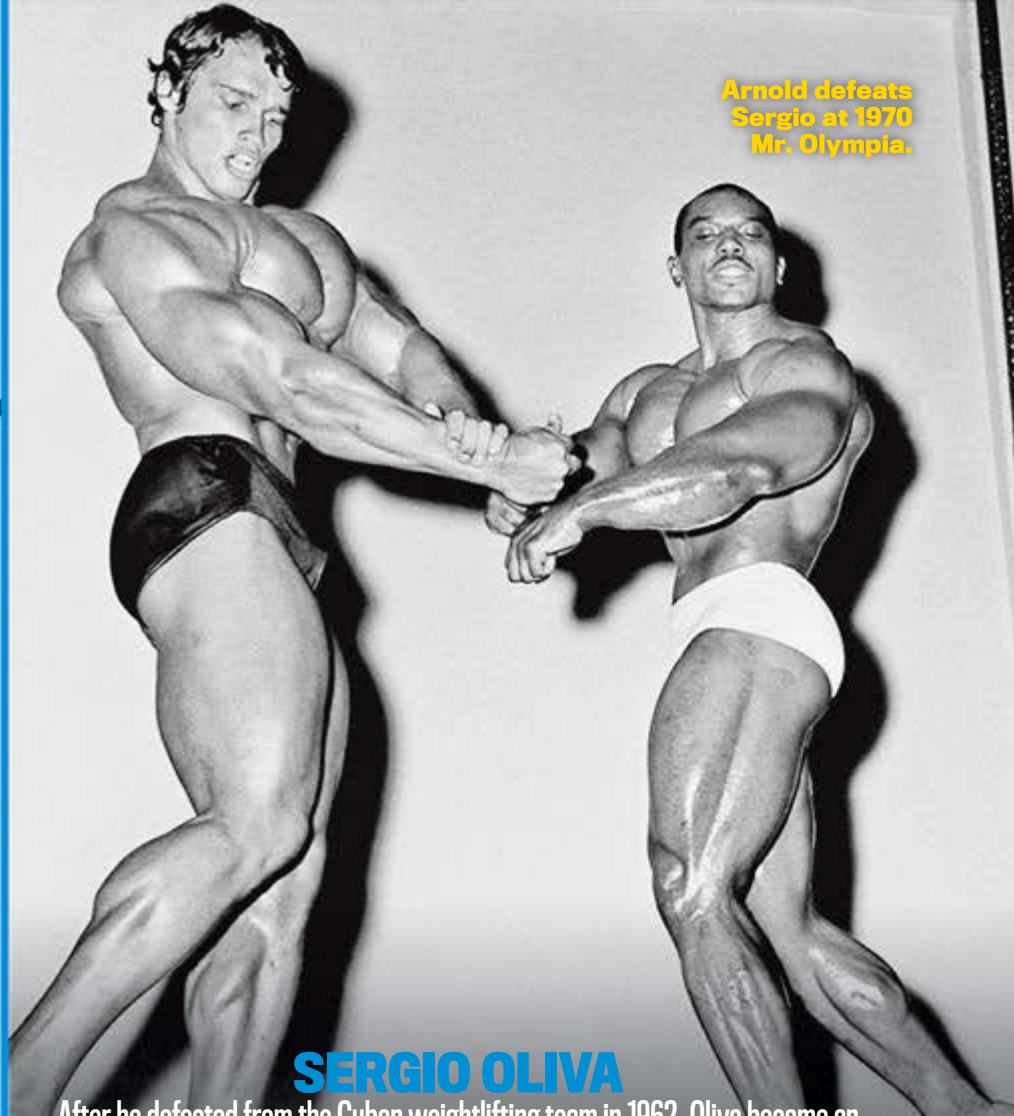
1972 IFBB
Mr. Olympia, 1st



(L-R) Columbu, Oliva, Schwarzenegger, Serge Nubret, Zane, Frankreich Kardewicz



Arnold defeats
Sergio at 1970
Mr. Olympia.



SERGIO OLIVA

After he defected from the Cuban weightlifting team in 1962, Oliva became an American citizen and Chicago policeman. Dubbed the Myth for his **unbelievable size and proportions**, he won three Mr. Olympias (1967-69). But after beating Arnold at the 1969 O, he lost to him at the 1970 Pro Mr. World and then again at the Mr. O two weeks later. Both times, he was smooth. For a rules infraction, the Myth was forbidden from competing in the 1970 Mr. O, which Arnold won unopposed. That set up the ultimate rematch in 1972.



ESSEN

There were six competitors in the 1972 Mr. Olympia in Essen, Germany, and together four of them (Arnold, Oliva, Zane, Columbu) eventually won 15 Sandows. A fifth legend was Serge Nubret, who placed third. **It had the greatest bodybuilding lineup ever**, but it's rightly remembered for the battle between Arnold and Oliva. The Myth was at his best. Arnold was excellent. The judging was scattershot (two judges had Nubret first and Arnold third!). But in the end, Arnold won his third straight Olympia title. The results are still debated today. In the aftermath, the volatile Oliva competed in non-IFBB organizations. The closely matched titans never clashed onstage again.



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ARNOLDS CHEST & BACK WORKOUT

EXERCISE	SETS	REPS
Bench Press*	1	30-45
Bench Press superset with Wide-grip Behind-the-Neck Chin	5†	20-6
Incline Barbell Press superset with T-bar Row	5 5	15-8 10-15
Flat-bench Dumbbell Flye superset with Barbell Row	5 5	10-15 10-15
Dip superset with Close-grip Chin	5 5	15 12
Stiff-arm Pullover	5	15-20
Isotension Contraction	5 minutes	

*Warmup

† Pyramid set

**Striking
a pose for
Weider
photographer
Jimmy Caruso,
circa 1969.**

DIET SEASON TOOLBOX

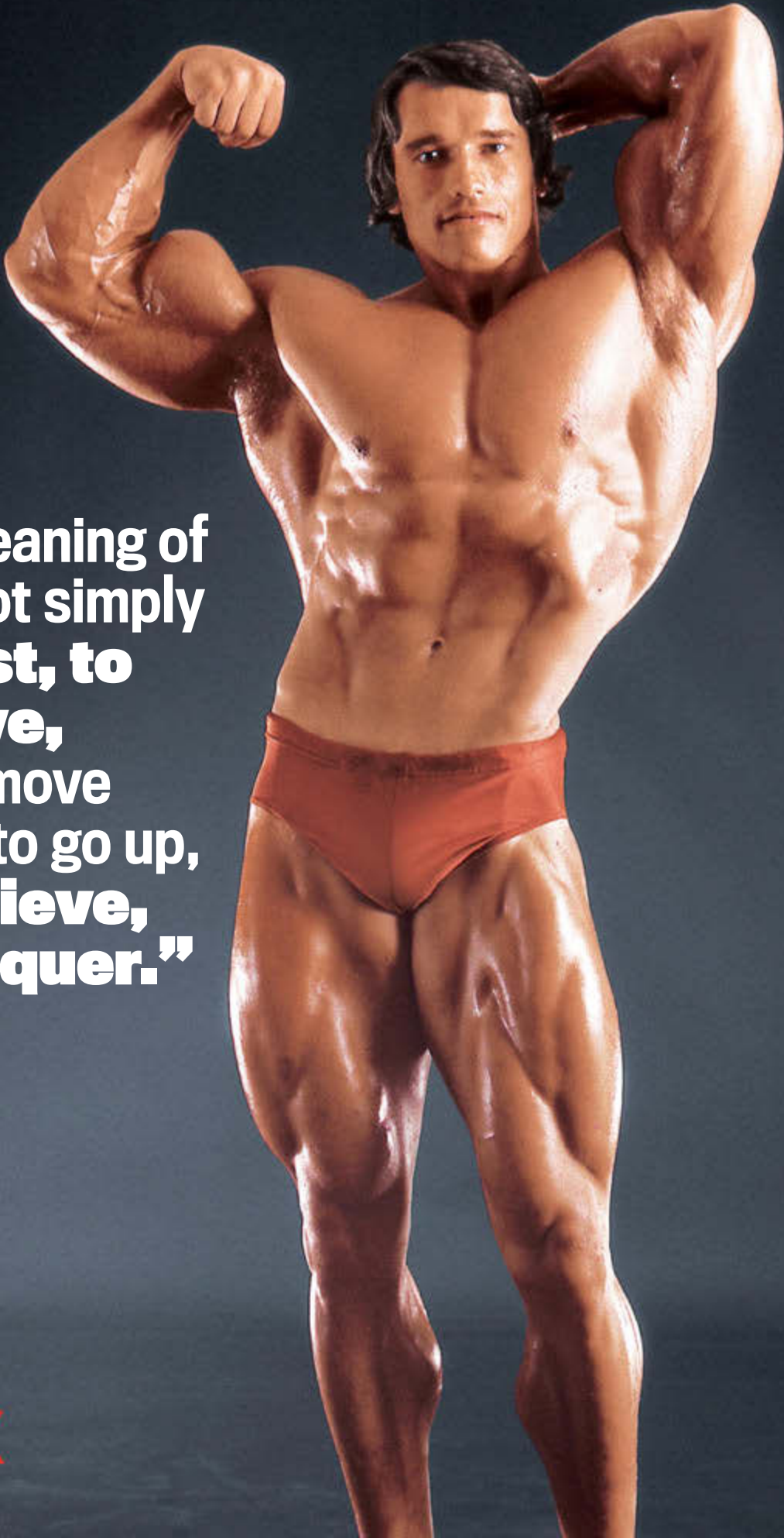


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A full-body photograph of Arnold Schwarzenegger in a classic bodybuilding pose, standing against a dark background. He is wearing red posing trunks and has his arms raised, flexing his biceps and shoulders. His torso is highly muscular, with visible abdominal and pectoral muscles. The lighting highlights the contours of his muscles, giving them a glossy appearance.

**“The meaning of
life is not simply
to exist, to
survive,
but to move
ahead, to go up,
to achieve,
to conquer.”**

**ARNOLD ALOIS
SCHWARZENEGGER**
PHOTOGRAPH BY BOB GARDNER, 1974

FLEX

ARNOLD ALOIS
SCHWARZENEGGER

PHOTOGRAPH BY ARTIE ZELLER, 1974

FLEX





PUMPING IRON (book)

The book that begat the movie was published in 1974 and focuses, in part, on the 1973 Mr. Olympia. Written by Charles Gaines with photos by George Butler, P.I. **brought bodybuilding and Arnold to a curious general public.**

CONTESTS

1973 IFBB Mr. Olympia, 1st

1974 IFBB Mr. Olympia, 1st

1975 IFBB Mr. Olympia, 1st

RULE 08

WORK YOUR BUTT OFF

HE KNEW A STRONG AND KNOWLEDGEABLE PARTNER COULD ASSIST AND MOTIVATE HIM. SO HE TEAMED WITH POWERHOUSE FRANCO COLUMBU FOR WORKOUTS. ARNOLD LATER APPLIED THIS SUCCESS SECRET TO BUSINESS.



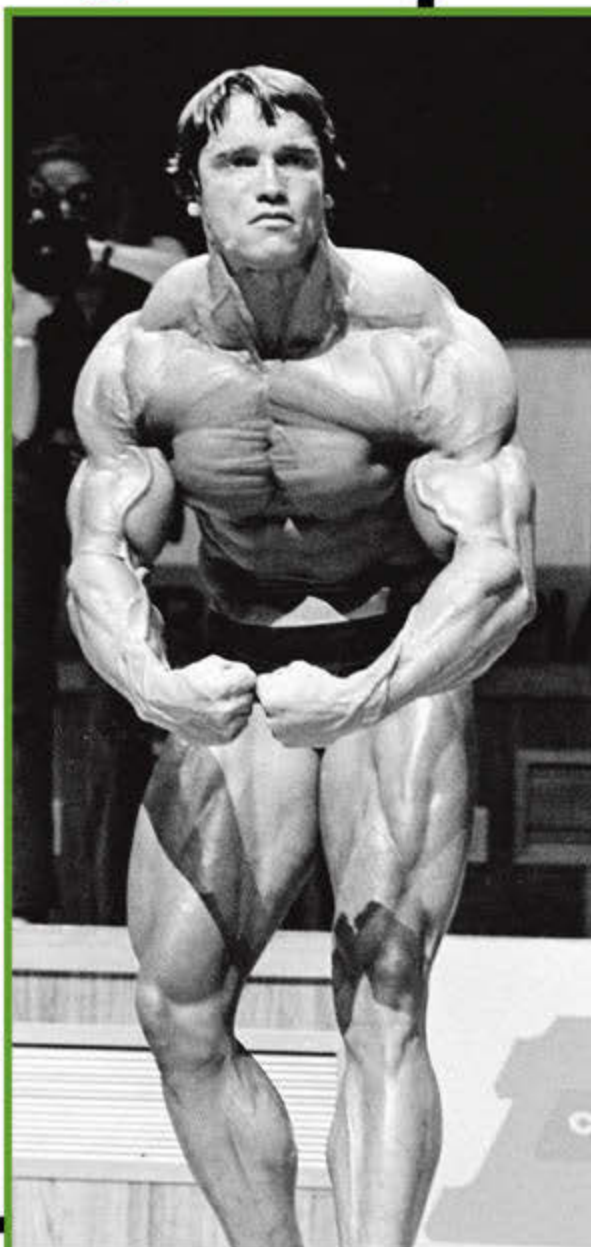
BROOKLYN

The Brooklyn Academy of Music has always been mostly a musical venue, but from 1965-74 it was bodybuilding's ultimate battlefield. **Eight of the first 10 Olympias** were held at the BAM in a building opened in 1903. Arnold won his 1970, 1973, and 1974 Olympias there. He is widely regarded as being at his best in '73, at 236, and '74, at 242.

1973-1975

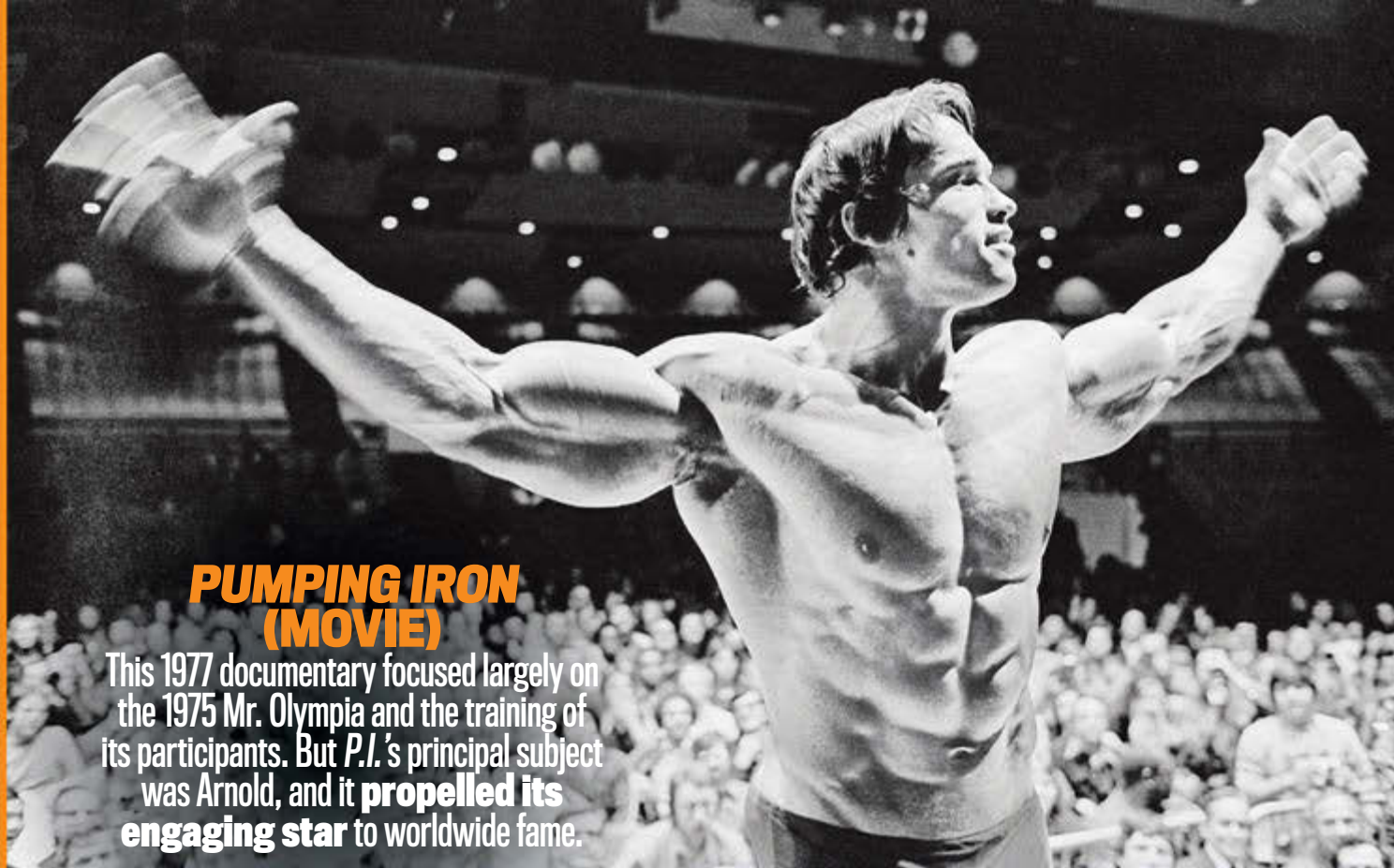
LOU FERRIGNO

Brooklynite Ferrigno placed second (out of two) behind Arnold in the '74 Olympia tall class. "Big Louie" was only 23, and, at 6'5" and 260, he was perceived as the one contender who **could out-muscle** the Austrian Oak in the future. But he finished third (out of three) in the '75 O tall class and subsequently morphed into the Incredible Hulk.



PRETORIA

Returning from shooting *Stay Hungry*, Arnold was smaller but **still the clear winner** of the 1975 Olympia, held in South Africa. After this, his sixth-straight O triumph, he retired from the posing dais.



PUMPING IRON (MOVIE)

This 1977 documentary focused largely on the 1975 Mr. Olympia and the training of its participants. But *P.I.*'s principal subject was Arnold, and it **propelled its engaging star** to worldwide fame.



GAINES & BUTLER

Charles Gaines co-wrote *Stay Hungry* (based on his novel). George Butler co-directed *Pumping Iron* (inspired by the Gaines/Butler book).

RULE
09

STAY HUNGRY

WHEN ARNOLD HAD NOTHING LEFT TO PROVE IN ONE FIELD (BODYBUILDING) HE SET OUT TO PROVE HIMSELF IN ANOTHER (MOVIES). HE HAS CONTINUOUSLY CHALLENGED HIMSELF.



Arnold with Jeff Bridges.

STAY HUNGRY

The 1976 dramedy *Stay Hungry* is a meandering movie with a rare focus on competitive bodybuilding. Arnold studied extensively for his role of philosophical muscleman Joe Santo. His acting **garnered much praise** and a Golden Globe award.

HOLLYWOOD

In the wake of *Stay Hungry* and *Pumping Iron*, **Arnold focused on his acting career**, appearing in supporting roles in TV shows and forgettable movies.





CONTEST

IFBB 1980 Mr. Olympia, 1st



(L-R) Boyer Coe, Schwarzenegger, Roger Walker, Roy Callendar, Mike Mentzer, Zane, Chris Dickerson

SYDNEY

When the 1980 Mr. Olympia took place on Oct. 4 in the Sydney Opera House, there was a surprise entrant—the greatest bodybuilder ever. Since he was already training to play Conan, Arnold **dieted down and leapt into the Olympia fray**. He was only 33 (the age Ronnie Coleman was when he won his first Sandow), but he'd been retired for five years. Weighing 220 (his lowest contest weight since his teens), the legend was notably smaller than in the past, especially in regard to his legs. But the downsizing allowed him to uncover new cuts. He wasn't at his best, but was his best still good enough? The judges said yes. Physique fans were unsure. Arnold's seventh and final O victory remains one of bodybuilding's most controversial decisions.



Arnold training at World Gym with Jusup Wilkosz (left) and Franco.

WORLD GYM

Joe Gold sold the gym that bore his name in 1970 and resumed his career as a merchant marine. In 1977, he launched World Gym in Santa Monica. That flag-ship World became **Arnold's new training base** when the downsized actor (and bodybuilding contest promoter) muscled up again for his titular role in *Conan the Barbarian*, set to begin shooting in England in October 1980.

RULE 10

DON'T BE AFRAID TO FAIL

ARNOLD WAS ADVISED AGAINST PUTTING HIS IMMENSE REPUTATION ON THE LINE IN ANOTHER OLYMPIA. BUT, AS ALWAYS, HE REVELED IN THE CHALLENGE AND REFUSED TO LET FEAR OF DEFEAT DISSUADE HIM.

RULE 11

IGNORE THE NAY-SAYERS

THIS APPLIES TO BOTH THOSE CAUTIONING HIM AGAINST ENTERING THE '80 OLYMPIA AND THE CHORUS CLAIMING HE WOULD NEVER BE MORE THAN A B-MOVIE ACTOR. "PAY NO ATTENTION TO PEOPLE SAYING IT CAN'T BE DONE," ARNOLD INSTRUCTS.

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THE TERMINATOR

Released on Oct. 26, 1984. This landmark film marked Arnold's **breakthrough to worldwide, mainstream stardom**. It provided him a mythical character and an infinitely repeatable catchphrase and all while focusing more on his strong presence and less on his muscular physique.



CONAN THE BARBARIAN

Released on May 14, 1982. Essentially, this was an adult version of the sword-and-sandal muscleman flicks that inspired Arnold in the '60s, the sort that starred his idol, Reg Park. *Conan the Barbarian's* success **further elevated its star**. Its 1984 sequel, *Conan the Destroyer*, was Arnold's last "muscle movie."



EARTH

And then he became a global superstar. On the strength of blockbusters like *Total Recall* (1990), *Terminator 2: Judgment Day* (1991), and *True Lies* (1994), this Austrian immigrant muscleman rose to be one of the planet's most popular and successful actors. Taking a break from big screens, he served as California governor from 2003–2011. His other titles include **businessman, author, activist, and philanthropist**.

Throughout it all, the seven-time Mr. Olympia has maintained his strong connection to bodybuilding. He is currently the executive editor of *FLEX*. In 2015, he'll co-promote four Arnold Classics worldwide. And as always, he continues to pump iron, just as he began doing 53 years ago when just a skinny teen with very big dreams. **FLEX**

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RULE 12

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1ST SET

Get big-ass shoulders, courtesy of Mr. O Phil Heath.

PAGE 56

The problem: lagging hams and quads. The solution: Jay Cutler's routine.

PAGE 60

Where are the gains? You might be lacking patience, says Flex Lewis.

PAGE 64

Sculpt abs like one of the most aesthetic pros of all time—Bob Paris.

PAGE 66

Dorian Yates vs. Ronnie Coleman. You be the judge.

PAGE 68



PAGE 58

JANET LAYUG

**GET UP
CLOSE AND
PERSONAL.**

PRESSING BUSINESS

MIX UP THIS MASS-BUILDING ROUTINE FOR BOULDER SHOULDERS



I'm looking for a new strategy to attack my shoulders—any tips for me?

When I'm doing shoulders, I like to mix it up. There are a lot of options, including dumbbell presses, barbell shoulder presses, and Smith machine overhead presses. It's important to hit the shoulders in different ways and work different angles. Little differences and unique exercises can have a big impact.

For example, you can do a hammer strength shoulder press forward and backward. Turning it around can make it into a different exercise. Plus, in terms of time, I like to hit as many exercises as possible in each spot. Why not do everything you can while you're there?

After doing four sets facing forward, with your back against the seat back, turn around and do four more sets facing backward, with your chest against the seat back. Start with your range of motion from ear level at the low point to just short of lockout at the high point. You've got to focus on the shoulders, and if you feel other muscles being worked, then you can shorten the range of movement to bring them back out of it.

HEATH'S SHOULDER BLAST ROUTINE

EXERCISE	SETS	REPS
Dumbbell Lateral Raise	4	12
Dumbbell Front Raise	4	12
Hammer Strength Shoulder Press (forward)	6	10
Hammer Strength Shoulder Press (backward)	3	10
Hammer Strength Lying Rear Lateral	4	12

ASK PHIL

Got a question? Go to FLEXonline.com/askexperts.

GIFTED FRESHMAN CLASS

Four-time Mr. Olympia Phil Heath has another job title occupying his time in the off-season: president of Gifted Nutrition. And he has been working to get the word out about his company's first line of supplements, which launched in July 2014. Ultimate Iso Whey, S3 Testosterone Booster, SuperLean, and Accelerate Preworkout Formula make up the debut set. The items are sold individually as well as in **stacks to address specific growth goals**—a lean stack, a muscle stack, and a pro stack that includes all four supplements. Find out more at giftednutrition.com.



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JANET LAYUG

SMART, SEXY, AND SWEET, THE 2014 BIKINI OLYMPIA RUNNER-UP IS THE TOTAL PACKAGE

1 *The Terminator* is my favorite Arnold Schwarzenegger movie.

2 A weak spot has been my glutes. To bring them up, I started training them up to three times per week.

3 Growing up, you'd find me outside swimming, running, and taking care of animals on our seven-acre farm—not indoors playing with dolls.

4 The 2013 Olympia Weekend was extra special because I won the FLEX Bikini Model Search Championships.

5 I might appear “high maintenance and girly,” but when I take my heels off it's a different story.

6 Dodgeball and kickball are two of my recreational activities.

7 When a competitor talks smack backstage, I ignore it. My eyes are on the prize.

8 I made an appearance in the film *Blended* with Adam Sandler and Drew Barrymore.

9 My Hollywood stage name would be Janet. No last name, Madonna-style.

10 Tattoos are sexy, but I don't and never will have any.

11 Along with being an IFBB Bikini Pro, I'm a wife and a mom with a degree in nursing.

12 I like to shoot rifles and take target practice with my bow.

“WINNING THE BIKINI OLYMPIA WOULD ALLOW ME TO ACHIEVE MY GOAL TO **INSPIRE WOMEN** WHO ASPIRE TO BE FIT.”



GAIN UP TO 8 lbs. MUSCLE TRAINING ONLY 2X A WEEK⁺

New Groundbreaking Clinical Study Reveals The Muscle Building Power of MYO-X

Your quest for building muscle may finally be realized. In a recent landmark clinical study at the University of Tampa Human Performance Laboratory, MHP's myostatin inhibitor MYO-X was shown to significantly enhance muscle growth in athletes. The placebo controlled study showed that subjects training only two times per week for 12 weeks significantly gained lean muscle mass. Subjects who supplemented with MYO-X daily were able to add up to 8 lbs. of lean muscle mass, while gaining an amazing 4 times greater increase in total muscle thickness as compared to control.*

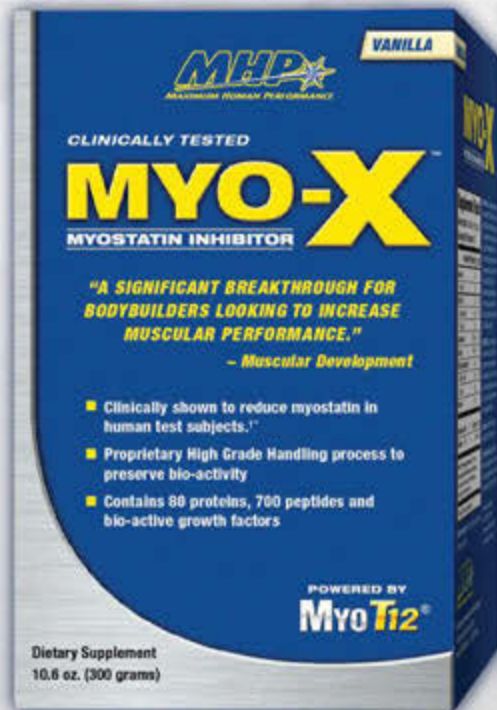
“The results of this study support enormous potential for the use of myostatin inhibitors by athletes looking to improve muscle mass and performance.”

– Dr. Robert Ashton, M.D.

Myostatin is a potent catabolic limiting factor for growth. This natural negative growth factor protein exists in all of us, and works to limit muscle growth in a genetically predetermined pattern. Scientific evidence supports the correlation between reductions in myostatin and muscle growth. MYO-X has already been shown in prior clinical trials to significantly reduce myostatin levels in human test subjects. The scientists at MYOS Corporation, a biotech company that specializes in the science of muscle health, conducted this most recent study to demonstrate the muscle building effects of MYO-X.

“The results of this study support enormous potential for the use of myostatin inhibitors by athletes looking to improve muscle mass and performance,” says Dr. Robert Ashton, M.D., Chief Medical Officer at MYOS Corporation. The impressive results of this new scientific study are good news for athletes and fitness enthusiasts looking to increase muscle mass, and show that MYO-X is a powerful one-of-a-kind muscle building supplement. Now you can take advantage of this exciting new development in muscle building science with MHP's clinically tested MYO-X.

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could potentially create
a new generation of
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A LEG UP

EXPECT EXPLOSIVE RESULTS FROM THIS DYNAMITE ROUTINE



I'm desperately searching for new ways to reignite growth in my quads and hams. How can I make it happen?

To achieve maximum results from my leg workouts, I always made sure to hit them from different angles and positions from week to week. And while I know some guys prefer to do legs twice a week, I always trained them once every five days.

During the years in which my legs were at their peak I would do a split routine—hamstrings in the mornings, quads in the evening. Every other week I would alternate front squats with back squats, keeping the rep range around 12 for each exercise. As I like to say: Blood volume is crucial. So I'd hit set after set to really push the blood into the muscle for a maximum pump.

CUTLER'S "GROW 'EM & SHOW 'EM" ROUTINE

EXERCISE	SETS	REPS
Leg Extension (warmup)	2	12
Leg Press	3	12
Hack Squat	3	12
Rear or Front Squat	3	12
Lunge (barbell or dumbbells)	3	12
Single-leg Leg Press	3	12



CUTLER ATHLETICS

With his success, reputation, and business savvy, it was only a matter of time until Jay Cutler launched his own apparel line, and now he has. Go to cutlerathletics.com to check out his awesome line of athletic apparel and accessories.

ASK JAY

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KAI GREENE'S MUSCLE BUILDING SECRET IS OUT!

For the past 2 years, MuscleMeds research team has been feeding Kai Greene a "Secret Sauce." At first, even Kai didn't know what it was. All he was told was to take it immediately after his workouts. After only a few weeks, Kai felt it working. Finally, after one month and making some of his greatest gains, Kai had to know what was in this jar. He called MuscleMeds headquarters and said, "I love this stuff - I feel bigger, fuller and stronger already! You have to tell me what's in it." So, under confidentiality, they told Kai what it was... but no one else had access to this "Secret Sauce."

Then came the premiere of the acclaimed movie *Generation Iron* and the scene in Kai's kitchen where they showed Kai's muscle building arsenal - bright red MuscleMeds bottles including Carnivor beef protein, NO BULL pre-workout and Amino Decanate. But then the camera froze on an ominous dark bottle with the white label marked SECRET SAUCE. The cat was out of the bag and the bodybuilding world wanted to know what is Kai's secret supplement. The timing was perfect, as MuscleMeds had just secured high volume manufacturing capacities of the key anabolic ingredient in new SECRET SAUCE: Pharmaceutical grade BSA (Bovine Serum Albumin). MuscleMeds decided the secret is out and the time was right to release the game changer in post-workout supplementation with the world's first bioactive



Scan to watch "The Making of SECRET SAUCE" video from MuscleMeds, as first seen in *Generation Iron*!



Generation Iron is owned by the Vlarid Company. Used with permission.



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POST-WORKOUT
FORMULA

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BSA PLASMA
TRANSPORT

MuscleMeds
PERFORMANCE TECHNOLOGIES

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5g LEUCINE LOADED 10:1:1 BCAAs

50g ISPIKE REACTIVE CARB SYSTEM

5g POWER-AMP CRE3 CREATINE COMPLEX

Dietary Supplement
2.94 kg (7.32 lbs)

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TECHNOLOGY

SECRET SAUCE IS KAI'S POST-WORKOUT RECIPE FOR SERIOUS GAINS IN MUSCLE MASS & SUPER-FAST RECOVERY!

The secret to Kai's muscle building "sauce" is its bioactive Bovine Serum Albumin (BSA), supplied by the world's largest manufacturer of this pharmaceutical grade nutrient. BSA is an extensively researched bioactive protein derived from bovine blood plasma. Researchers have identified BSA to have multiple biological factors that help influence muscle growth. Some of the biological factors and functional properties of BSA include its bioactive peptides and growth factors, high concentrations of leucine and essential muscle building amino acids, high osmolality and its ability to enhance the uptake and transport of nutrients such as creatine, amino acids and glucose into blood plasma and speed delivery to muscle tissue.

Stimulating protein synthesis, replenishing muscle glycogen and ATP and modulating the anabolic effects of insulin are critical for optimal post-workout supplementation. Research has shown leucine to be perhaps the most anabolic and effective amino acid for activating mTOR and stimulating protein synthesis. SECRET SAUCE doubles down with both naturally occurring leucine in BSA and an additional 5 gram leucine-loaded dose of BCAAs in an anabolic 10:1:1 ratio to trigger high levels of protein synthesis. To ensure peak ATP replenishment, SECRET SAUCE utilizes MuscleMeds Power-AMP Cre3 creatine complex consisting of creatine monohydrate, Magnapower magnesium creatine chelate and creatine gluconate. Post-workout creatine uptake and ATP replenishment are enhanced by BSA's plasma transport gradient, leading to increased cell volumizing, muscle size and recovery.

The next important step to complete post-workout supplementation is to optimize the anabolic activity of insulin and replenish glycogen. SECRET SAUCE has taken insulin spiking and glycogen replenishment to an advanced level with the inclusion of the insulinotropic amino acids glycine and phenylalanine in combination with MuscleMeds proprietary ISPIKE Insulin-Release-Amplifying Reactive Carbohydrate System. These insulinotropic aminos work in tandem with the ISPIKE reactive carbohydrates and BSA plasma transport to activate a highly anabolic insulin surge and super fast muscle glycogen and ATP saturation. This dynamic trio also enhances the uptake of other key nutrients, peptides and growth factors in BSA to trigger the post-workout growth and repair of muscle tissue.

THE WORLD'S FIRST BIOACTIVE PLASMA POST-WORKOUT FORMULA WITH BOVINE SERUM ALBUMIN

5g BSA Bioactive Peptides & Growth Factors
5g Leucine Loaded 10:1:1 BCAAs
50g ISpike Reactive Carb System
5g Power-AMP Cre3 Creatine Complex

"I was at MuscleMeds HQ restocking my supplements for the month when the head scientist introduced a new product in an ominous big jar with a white generic label that said 'SECRET SAUCE.' I was very intrigued by the name and asked questions on what the product was and when to take it. They didn't want to reveal much information to me, because they wanted my unbiased feedback. I was told to take 1 scoop immediately after my workout and to document my progress. I have faith and trust in my team over at MuscleMeds and I knew that by them not telling me much about the product - and 'keeping it a secret' - it was going to be a big deal when it launched. And I kid you not: Within a few weeks I noticed a drastic difference in my physique. I just had to know what it was and knew then it would be a mandatory tool within my supplement regimen." - KAI GREENE, 2x Arnold Classic Champion

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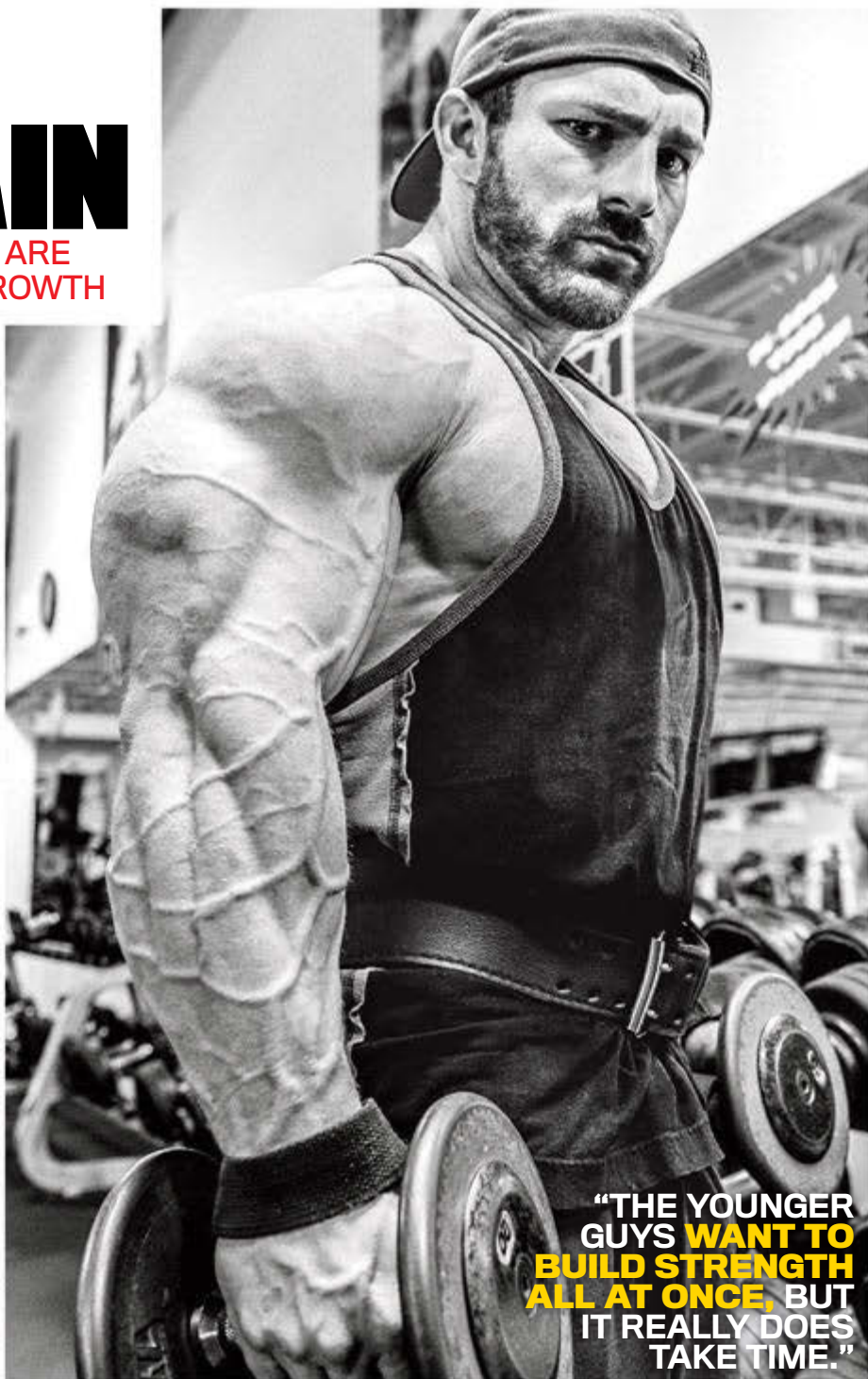
Q I've been killing it in the gym, but the gains are virtually nonexistent. What am I doing wrong?

Sometimes we push our muscles so hard that we don't give our bodies the necessary downtime to repair and regrow. Competitors do it, too. Guys will prep for a show by hitting the same body part over and over without giving the muscle a chance to fully rebound. So the "push the weights up, push the weights up, push the weights up" method isn't always the solution.

Strength will come in time. The younger guys are hungry and want to build it all at once, but it really does take time—years, not weeks or months—for the muscles to come out fully and their details to mature.

There is no one solution, but a clean diet, training, and rest are all essential. Combine those elements with training smarter and in time you'll be pushing past plateaus without overtraining.

ASK FLEX
Got a question? Go to FLEXonline.com/askexperts.



"THE YOUNGER GUYS WANT TO BUILD STRENGTH ALL AT ONCE, BUT IT REALLY DOES TAKE TIME."

BULLY FOR YOU! The Welsh Dragon stands up for the American Bully

By its name you might think three-time Olympia 212 Showdown winner Flex Lewis' **Flextreme BullyCamp** is a service that teaches adolescent punks and hooligans tolerance through hours of nonstop walking lunges. But, of course, if you thought that you'd be barking up the wrong tree.

The BullyCamp is actually where Lewis breeds and sells American Bullies, a compact and muscular dog breed that is commonly referred to as the bodybuilders of the canine world. "It has been a low-profile business for a time now," he says. "Some people associate a negative connotation with the breed...but these dogs are obedient, great companions, gentle with children, and eager to please."

Head to flextremebullycamp.com for more info.



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BOB PARIS

THE 1983 IFBB WORLD CHAMPION SCULPTED BODYBUILDING'S MOST AESTHETIC PHYSIQUE

In 2006, when FLEX ranked the 20 most aesthetic physiques of all time, Bob Paris was No. 1. In the '80s, he represented the apotheosis of classical lines and perfect proportions. What made him truly unique was the fact that, at 6 feet and 230 pounds, he was much heavier than a typical shape-first bodybuilder. He carried enough mass to defeat the world's largest amateurs when he won the 1983 IFBB World Championships at only 23. Equally auspicious was his IFBB Pro League debut—seventh in the 1984 Mr. Olympia. Between 1984 and 1992, Paris competed in 32 pro contests. He never placed higher than third, but he was third nine times.

When he made his Olympia debut 31 years ago at only 24, many heralded him as a future O winner. It wasn't to be. Paris' flawless shape almost always kept him in the running, even as his refusal to push striations and size into the "freaky" zone prevented him from securing a pro title. Like a sculptor at work, he added muscle and revealed cuts strategically.

Today, Paris lives with his husband on a Canadian island, working as a writer and lecturer. He is still celebrated for his steadfast commitment to physique aesthetics.

FLEX FACT

OF PARIS' 32 PRO CONTESTS, 21 OF THEM OCCURRED OVER AN EXHAUSTING 18 MONTHS, FROM THE SPRING OF 1988 TO THE FALL OF 1989.

PARIS ON AB TRAINING

"There's a common misconception that you can't overtrain your abs. I disagree."

"On the other hand, doing sets of six or eight reps for ab training isn't practical because of the anatomy involved. My goal is to feel each and every one of my reps. For that, 15 to 25 reps work best."

"Don't try to beat your abdominals into submission with 100-rep sets. As with all your muscles, feeling the contraction is most important."

"My ab-training approach is relatively simple. There are only a couple of basic functions you need to address to develop the area, and everything spins off from there."

PARIS' AB ROUTINE

EXERCISE	SETS	REPS
Decline Crunch	3	20-25
Hanging or Seated Knee Raise	3	20-25
Twisting Crunch	3	20-25

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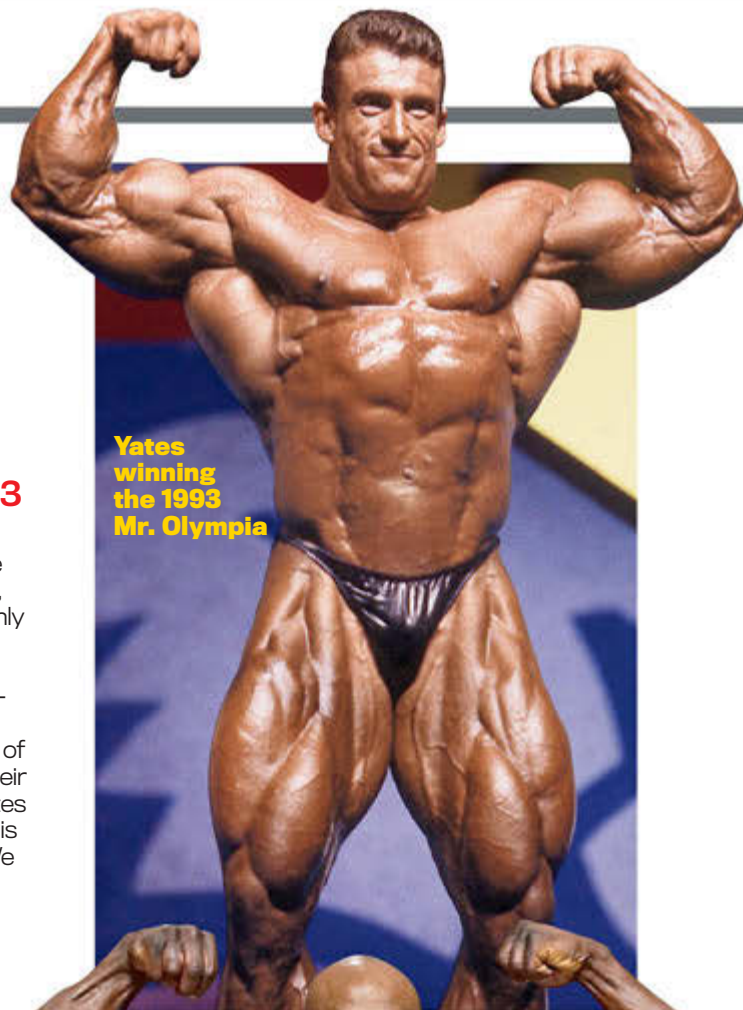
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YATES VS. COLEMAN

THE DREAM DUEL THAT NEVER WAS PITS DORIAN YATES OF 1993 AGAINST RONNIE COLEMAN OF 2003

■ Theirs is a tale with two distinct halves. From 1992–97, Dorian Yates and Ronnie Coleman were in the same lineups eight times. The former won all eight contests, while the latter never came closer than fifth. But that tells only half the story—the one about Yates and his six indomitable years as Mr. Olympia.

Here's the other half. Coleman reinvented himself in 1998—the year after Yates retired—and began his own eight-year reign of Olympia supremacy. In one of the frustrating quirks of history, they were never even in the same callout. In fact, their peaks were separated by a whole decade. Even though Yates is only two years older than Coleman, the former reached his shocking best in 1993 while the latter supersized in 2003. We never got to see them face off when at their most colossal. That's why we're approximating that dream duel here.



Yates winning the 1993 Mr. Olympia

THE BREAKDOWN



YATES

STRENGTHS

Back width and thickness, thighs and calves

WEAKNESSES

Chest, biceps

BEST POSE

Rear lat spread

WORST POSE

Side chest



COLEMAN

STRENGTHS

Back width and thickness, biceps, thigh size

WEAKNESSES

Abs, calves

BEST POSE

Rear lat spread

WORST POSE

Abs and thigh



Coleman winning the 2003 Mr. Olympia

BY GREG MERRITT

STATISTIC ANALYSIS



YATES

8
Years
as Pro

15
Pro Wins

17
Pro
Contests

6
Olympia
Wins

5'10"
Height

257
Weight

52
Age



COLEMAN

16
Years
as Pro

26
Pro Wins

66
Pro
Contests

8
Olympia
Wins

5'11"
Height

287
Weight

50
Age

RALPH DEHAAN: KEVIN HORTON

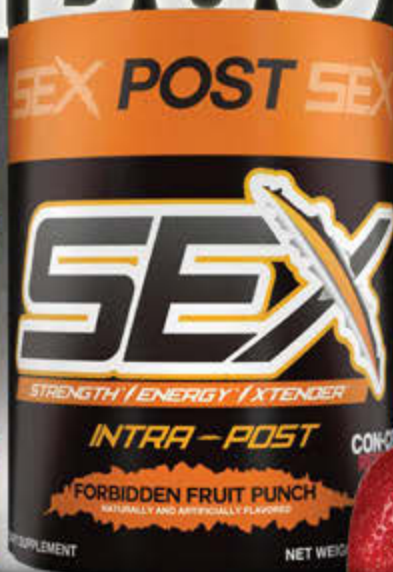
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TRAINING TIPS TO POWER UP YOUR WORKOUTS

LIFT



PAGE 72

MAGIC MIKE
GET "HEAVY DUTY"
HUGE LIKE MENTZER.

In search
of continuous
gains? Become
a "combi."

PAGE 78

Biased toward
short or long breaks
between sets?
Give it a rest.

PAGE 86

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without suffering
from painful
forearm splints.

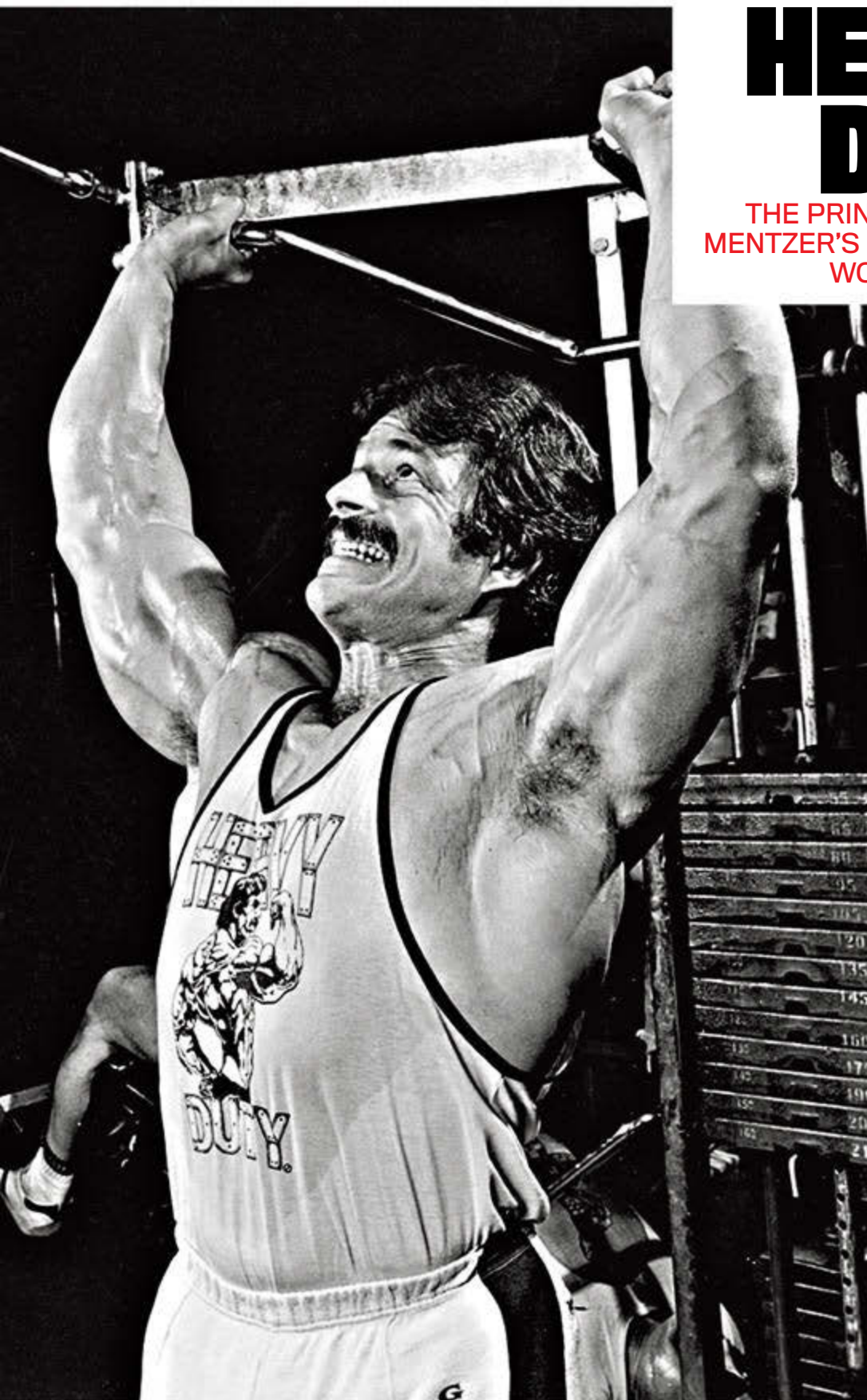
PAGE 88

Strongman
cardio: sleds,
sandbags, and tires.
No treadmills.

PAGE 90

HEAVY DUTY

THE PRINCIPLES OF MIKE MENTZER'S HIGH-INTENSITY WORKOUT SYSTEM



It was going to be a revolution. For the year between the 1979 and 1980 Mr. Olympias, as high-intensity training rode the crest of its foremost adherent, Mike Mentzer, it seemed on the verge of transforming bodybuilding. Mentzer adopted the HIT philosophy of Arthur Jones and expanded it into his own radical system, named Heavy Duty. Reps got lower, weights got larger. In the second of a three-part HIT series, we examine the rapid rise, faster fall, and enduring impact of Heavy Duty.

BEYOND FAILURE

In the February FLEX, we recounted how 19-year-old Casey Viator won the 1971 Mr. America after training HIT-style under Arthur Jones' tutelage. Viator's victory eclipsed the fact that a second 19-year-old, Mike Mentzer, was 10th in that same contest. The new Mr. A introduced his fellow teen to Jones. Soon after, Mentzer began consulting with HIT's creator and revamping his training. When Mentzer won the 1976 Mr. America, he was celebrated as much for his philosophy as for his physique. He wrote articles for

IT WILL CHANGE THE INDUSTRY, AGAIN

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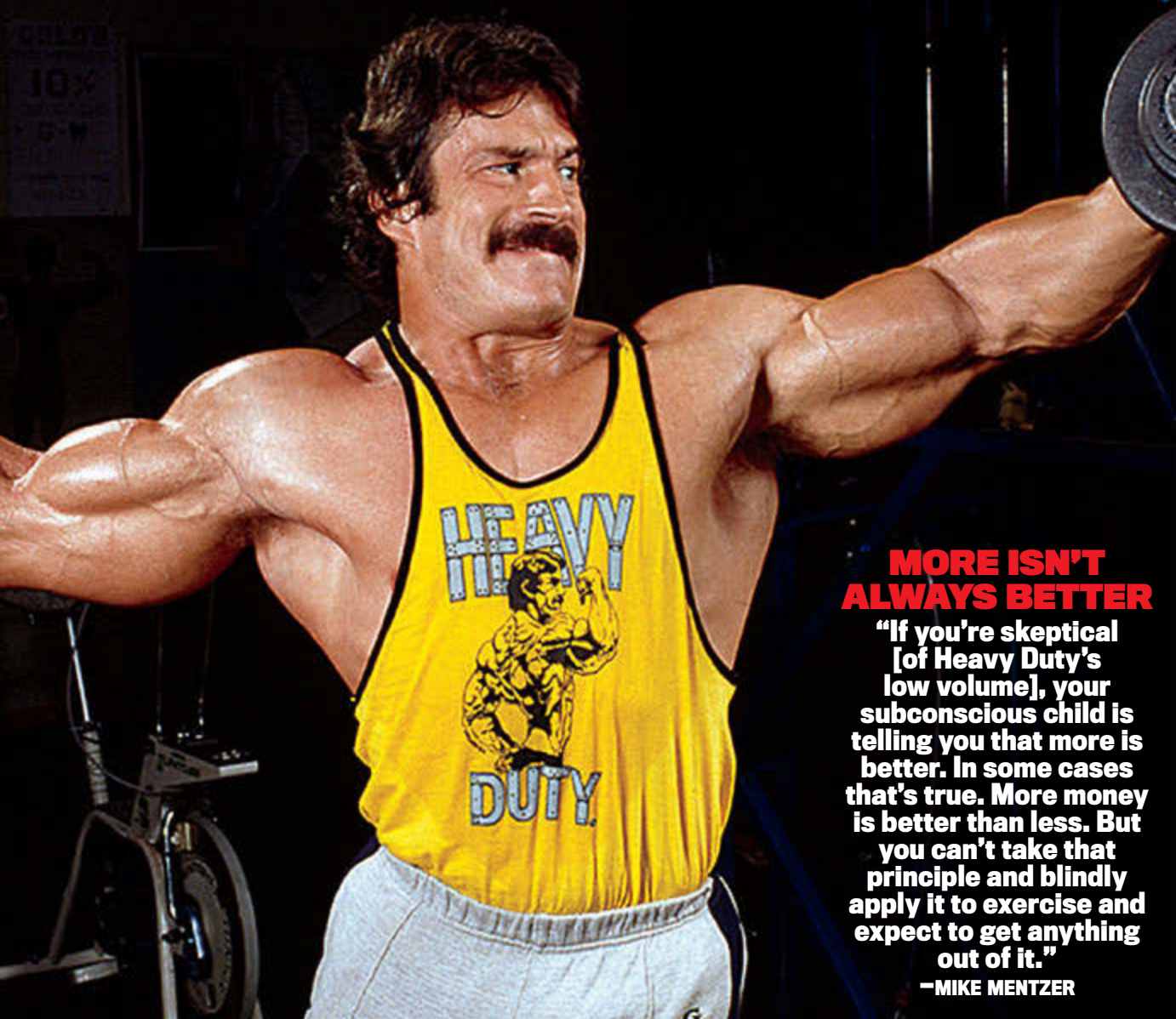


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"If you're skeptical [of Heavy Duty's low volume], your subconscious child is telling you that more is better. In some cases that's true. More money is better than less. But you can't take that principle and blindly apply it to exercise and expect to get anything out of it."

—MIKE MENTZER

Muscle Builder/Power (the forerunner of *FLEX*), many of which covered specific techniques for intensifying workouts.

He advocated a heavier form of HIT. Whereas Jones prescribed one 20-rep set per exercise, Mentzer lowered the ideal rep range to six to nine: Choose a weight so heavy that you reach absolute failure at six to nine reps, then keep going. Failure wasn't enough for Mentzer's Heavy Duty system. It went beyond. The three techniques Heavy Duty prescribed most were forced reps, negative reps, and rest-pause. Mentzer trained with at least one partner (frequently his younger brother, Ray, 1979 Mr. America winner), who spotted him and assisted when he reached failure. The partner removed just enough

stress for two or three forced reps. He helped raise the weight so it could be lowered as slowly as possible. Or he spotted while Mr. Heavy Duty paused between reps, grinding out a few "singles" in a manner known as rest-pause.

COMET-LIKE CAREER

As a 27-year-old IFBB Pro League rookie in 1979 noted especially for his delt, arm, and leg density, Mentzer was a phenomenon. Capping off the year by winning the heavyweight division of the

HEAVY DUTY BACK WORKOUT

EXERCISE	WARMUPS	SETS	REPS
Machine Pullover* Superset with Underhand Close-grip Pulldown	1-2	2	6-9**
Barbell Row	1-2	2	6-9**

* Straight-arm pulldowns or dumbbell pullovers can be substituted.

** Push all sets to failure. Then continue with forced reps, negatives, and/or rest-pause reps.

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Mr. Olympia (but not the overall), he emerged as bodybuilding's heir apparent. He released two popular Heavy Duty booklets in 1980, and through his articles, seminars, and mail-order business his philosophy was as great a sensation as he was on stages. It seemed every bodybuilder tried his lower-rep HIT, though most eventually returned to a higher-volume system. Then came the 1980 Mr. Olympia.

The greatest representative of the old guard, Arnold Schwarzenegger, won. The insurgent 28-year-old Mentzer finished a controversial fifth and, in the aftermath, retired. He seldom even trained again. Mike Mentzer died in 2001 at 49. His Heavy Duty formed the cornerstone of six-time Mr. Olympia Dorian Yates' regimen, and it continues to influence bodybuilders today.



HEAVY DUTY BASICS

Go to full-rep failure in the six- to nine-rep range. Try to grow increasingly stronger in this range.

Always maintain proper form.

Push sets past failure with forced reps and negatives.

Rest-pause is another excellent method of transcending failure.

Divide your body parts into two workouts and allow 48 hours between workouts. For example, do workout A on Monday, B on Wednesday, A on Friday, B on Sunday (or Monday, if you prefer to take weekends off).

HEAVY DUTY TIP SHEET

We have included Mentzer's 1979 back workout. After he retired, Mentzer prescribed increasingly lower volume—eventually as few as only one or two all-out sets per body part every two weeks! The workout included here best represents an effective and practical Heavy Duty routine.

Train with at least one partner. Assist each other in going beyond failure.

Do your last warmup with approximately 75% of your working weight and stop before reaching failure.

Use pre-exhaust supersets. For example, in our back routine, pullovers (which isolate the lats) are done immediately before pulldowns (which work the lats with the biceps and rear delts).



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LOW REPS VS. HIGH REPS



HYPOTHESIS

According to the principle of progressive resistance, in order to keep making gains over time, one must continually increase the weight loads used. Naturally, a training program will go from lighter weight and higher reps to heavier weight and lower reps. The increasing weight loads should ensure continued gains in strength and size.

RESEARCH

Researchers from the University of Tsukuba in Japan took two groups and had them use two different training progressions. For the first six weeks, both groups used a program of nine total sets divided into groups of three sets. **Thirty seconds of rest was taken for three sets, then three minutes** was allowed for recovery before three more sets were performed. After six weeks, both groups switched to a traditional strength-training routine of five sets using 90% of their one-rep max (1RM) with three minutes' rest between sets, with the exception of one group, who performed a quasi-dropset after the last set. This group was dubbed the "combi" group.

FINDINGS

Both groups grew significantly during the first six weeks of using the higher-rep/short-rest style of training. After the switch to a more traditional style of strength training using 90% 1RM, only the combi group continued to grow for four more weeks.

CONCLUSION

A combination of both load stress and metabolic stress optimizes gains.

APPLICATION

This study points out the importance of metabolic stress to optimize gains from resistance training. It's important to increase the loads throughout a training cycle. When doing so, reps inevitably drop as the weight gets heavier and heavier. As a result, the metabolic stress is reduced as the number of reps decrease. In order to keep making size gains during the heavy phase of your training, add a high-rep set immediately following the last set of each exercise. This can be a single high-rep set using ~50% 1RM, or it can be more of a dropset where you keep grabbing a lighter weight each time you reach or get close to failure.



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– jdsnyds

Hermosa Beach, CA

★★★★★

Get Your Swole On

I have been running on CLEAR MUSCLE™ with my own training program and solid diet plan. Currently up 8 lbs. with solid increases in size and strength gains. I was hoping to add 12 lbs. by the end of my third bottle and plan on adding this to my normal supplement arsenal. Just recently picked up a couple more bottles because the price was right. Worth every penny.

– BigE

★★★★★

Logging for 12 Weeks

I was given three bottles of CLEAR MUSCLE™ 6 weeks ago now. I have been doing my own training program of high reps and high weight. Very happy with the results so far. I am up 5 lbs. in LBM, and have increases in every one of my lifts in both weight and reps. Cannot wait to see what the next 6 weeks holds for me.

– Emerg

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Unlike Everything Else

After taking CLEAR MUSCLE™ for about a month, I improved in my muscular physique. I got stronger in the weight room and on the basketball court. My recovery has improved as well, but most noticeable was my strength increase.

– boydenbody

Los Angeles, CA

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CLEAR MUSCLE™ Works

As part of the MuscleTech® field test team, I received two bottles of CLEAR MUSCLE™ to try. Just finished week five of the "Train Hard" workout, supplementing with CLEAR MUSCLE™. Honestly, I feel a little more "swole" than normal and my weight has increased from 171 lbs. at the start of the program to 176 lbs. now with no noticeable increase in body fat. I have really noticed increased endurance, strength and recovery. These last couple of weeks, I have been killing it in the gym. Arms have gone from 16.5" to 17.5", and my rep max on the bench and squats has increased from 215 lbs. to 225 lbs. and 245 lbs. to 260 lbs. respectively.

– Dbaugh0720

★★★★★

Wow!

The hype behind it is definitely legit. Within a week I noticed a definite change. My shirts felt tighter! I'm convinced the formula works! I will definitely be stocking up on this!

– mmakischuck

Ontario, CA

★★★★★

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As a female, I've used HMB before, and I've always believed it worked for me, but after trying this version, I am completely blown away at the difference. My new favorite supplement. My workouts are great and recovery is phenomenal.

– TaylorB



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REST PERIODS BETWEEN SETS

ARE LONG OR SHORT REST PERIODS BEST FOR GROWTH?

■ OPENING ARGUMENTS

DEFENSE Short rest periods should be used to maximize muscle pump and growth hormone levels. Long rest periods are best only for strength athletes.

PROSECUTION Metabolic stress produced by short rest periods is only one factor in producing a growth stimulus. Load stress and total training volume are also very important for long-term growth as well as continued strength gains.

■ EVIDENCE

1 Results of blood-flow-restriction exercise clearly show that metabolic stress is a key factor in stimulating muscle growth. Short rest periods produce higher metabolic stress and stimulate production of satellite cells.

2 Research shows that short rest periods ultimately limit the total volume that can be done due to fatigue.

3 Greater increases in growth hormone are often seen with shorter rest periods. When compared with longer rest periods, however, the difference becomes smaller and smaller until around Week 10, at which point both short and long rest periods cause only small changes in growth hormone release.

4 Studies controlling for growth hormone changes have shown that the temporary spikes in growth hormone that occur during a weight training workout have no impact on muscle and strength gains.

5 When compared directly, the difference in gains using short vs. long rest periods is not significant. In fact, some studies have shown longer rest periods (for example, 2.5 minutes) actually produce greater gains in muscle size.



■ VERDICT: NEITHER

Both short and long rest periods offer their own specific advantages. Short rest periods produce more metabolic stress, and long rest periods allow you to handle more weight and more volume.

SENTENCING

Rest periods should be manipulated just as you manipulate other important variables in your training plan. At the start of a training cycle, short rest periods increase the effectiveness of lighter weight loads and stimulate muscle satellite cells that will be important for later muscle-damaging workouts.

As you progress through your cycle, gradually increase the weight and increase the rest periods. This will allow a consistent increase in training loads. When rest periods reach the three-minute mark, perform a dropset on the last set or perform one high-rep set following the last set for each muscle group.

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TO FULLY DEVELOP THIS SHOWSTOPPER MUSCLE, TAKE ADVANTAGE OF BOTH SHORTENED- AND STRETCHED-POSITION EXERCISES

Owning a set of giant pipes signifies that you possess the strength of a giant. That could be why the bi's are the muscle that nonbodybuilders most easily relate to—even if they think the whole bodybuilding thing is strange.

The biceps are a fusiform muscle with two heads (bi = two, ceps = heads) and actually span two joints, though for practical purposes we treat them as if they span only the elbow joint. To thoroughly train the biceps, we shouldn't think about angles per se but instead the degree of stretch. Biceps should be trained in both the shortened and fully stretched starting positions. An

example of a shortened starting position is a bentover one-arm curl. Likewise, the biceps should be trained with a stretched starting position, such as when doing incline curls.

A word of caution about training biceps: Straight bars

are notorious for causing forearm splints (that is, similar to shin splints). These painful splints can last for weeks and will severely hamper your arm training. Dumbbells are your safest option, but if you choose to use a bar for curls, opt for an EZ-curl bar.

SLEEVE-BUSTING BICEPS WORKOUT

EXERCISE	SETS	REPS
Bentover One-arm Curl	3-4	8-12
Incline Dumbbell Curl	3-4	8-12
Hammer Curl	3	8-12





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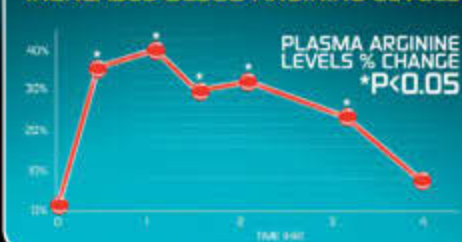
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Yohimbe extract	40mg	Zero	Undisclosed Amount	Zero
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We have all heard those guys in the gym who say, "Cardio? I don't do cardio...I just lift weights faster!" Then there are the guys who are trying to gain weight who even walk slowly so they don't get "small" by burning too many calories! Believe it or not, some of the most fun you can have in the gym is doing conditioning work, and you can make it more exciting than repetitive stepping or jogging.

For my strongman exercise program, I incorporate several different conditioning methods to prevent my training from becoming one-dimensional, and some longer slow-duration cardio a couple of times per week just for general health. When training for strongman, I plan my workouts so that I can work at 100% for 60-90 seconds, which is the time period of most strongman events. Strapped to a 50,000-pound truck that you have to pull close to 100 feet, 60-90 seconds can seem like an eternity!

STRONG MOVES

SLED PUSHES/PULLS There are so many options for this, so be creative. Prepare a course for a set distance, beginning with the sled at one end. Load the sled with enough weight to make it challenging but not a maximal effort. Pull the sled down the course, and then immediately push it back to the start position. Take a break upon completion and repeat.

SANDBAG OR KEG CARRY Line up a few kegs or sandbags and set a distance around 30-50 feet. Carry a keg or sandbag to the finish line, set it down, and run back to grab the next one. After carrying the last keg or sandbag to the finish line, rest one to two minutes. For Round 2, carry all of the kegs or sandbags back to the starting line. Rest again, and repeat.

TIRE FLIP Flip a large tractor tire for 50 feet without stopping, then rest one minute. Then flip the tire 50 feet back to the starting position. After one minute of rest, repeat the sequence.

SEE MORE

Brian Shaw is part of Team MHP. For more information, log onto mhpstrong.com or check out Brian on Facebook.

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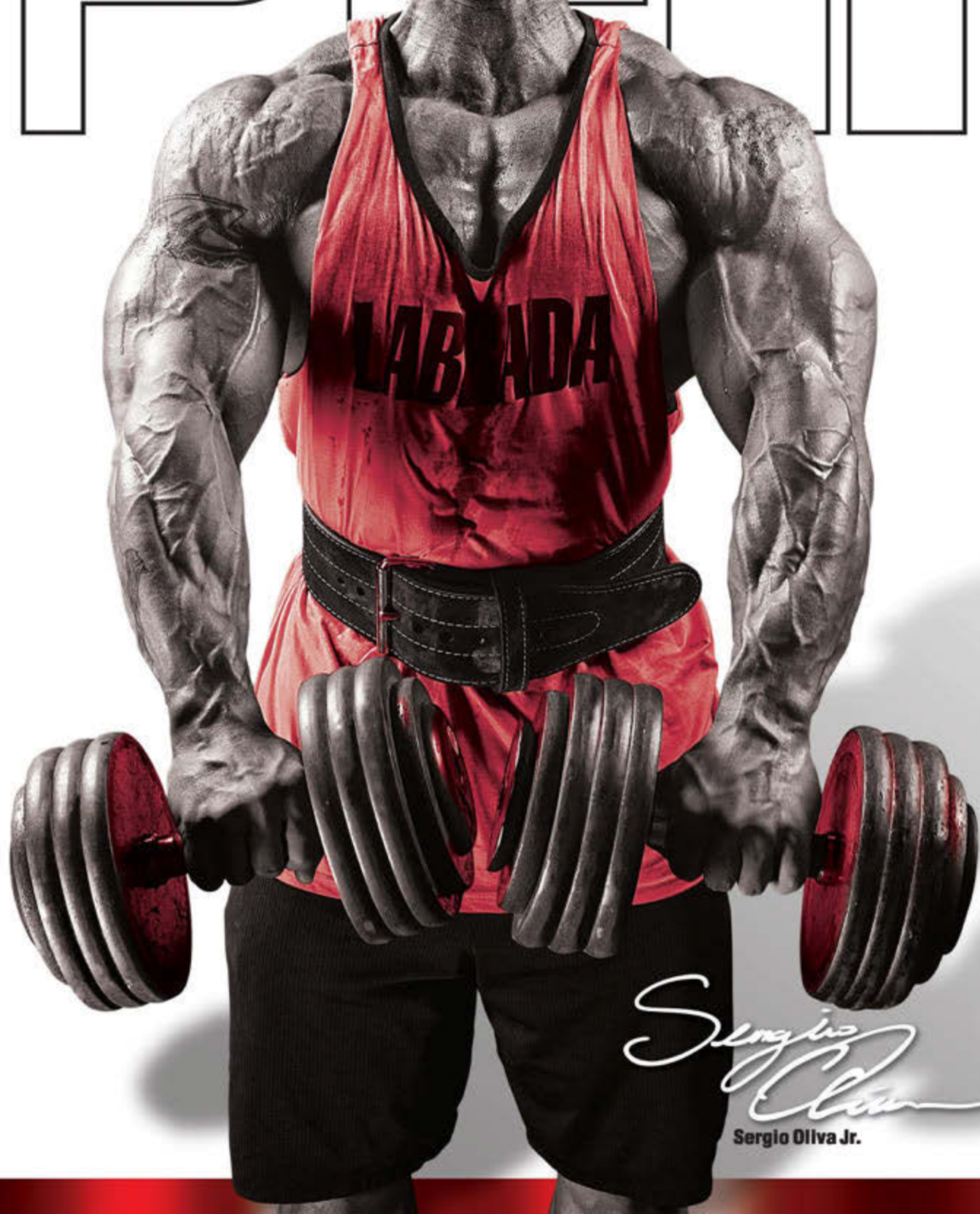
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• MUSCLE RECOVERY
• MUSCLE PROTEIN SYNTHESIS
• LEAN MUSCLE
+ CLA MATRIX
+ AGMATINE
NET WEIGHT 10.58 OZ (300 GRAMS)
DIETARY SUPPLEMENT
30 SERVINGS

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- MUSCLE RECOVERY
- MUSCLE PROTEIN SYNTHESIS
- LEAN MUSCLE

+ CLA MATRIX
+ AGMATINE

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NUTRITION TIPS TO FUEL TRAINING AND GROWTH

FOOD & SUPPS

White rice or brown rice? The wrong choice can hinder your progress.
[PAGE 98](#)

Get a pre-workout boost without the “pins and needles” feeling with a cup of joe.
[PAGE 100](#)

Beef up with the muscle-building benefits of red meat *without* the dietary fats.
[PAGE 104](#)

PAGE 102

FEELING SEEDY?
CARB UP WISELY WITH QUINOA.



WHITE RICE vs. BROWN RICE

8 OZ COOKED LONG-GRAIN WHITE RICE

CALORIES

205

PROTEIN

4

CARBS

45

FAT

0

FIBER

<1

Rice is a classic bodybuilding food, but white and brown rice have different benefits. Both are great sources of carbs, but white rice causes more of an insulin spike due to its very low fiber and fat content. Brown rice also increases insulin release, but the fiber and fats help reduce this. Therefore, at times of the day when you aren't training, the carbs from brown rice are much less likely to go to body-fat storage than those from white rice.

8 OZ COOKED LONG-GRAIN BROWN RICE

CALORIES

218

PROTEIN

5

CARBS

46

FAT

2

FIBER

3.5

GO WITH

BROWN RICE

■ Brown rice is the better option at most times of the day because the carbs it contains are less likely to be stored as body fat compared with those found in white rice. If you prefer white rice, then taking a fiber supplement (such as glucomannan) shortly before your meal will help reduce the undesired insulin impact of white rice and increase the length of time it takes to digest your meal—great for when you're trying to cut body fat on a moderate-carb diet.

DIET 911

■ I've been on a low-sodium diet for two weeks, but I'm still holding tons of water. Why is that?

You're correct. Cutting sodium intake leads to dropping water.

Unfortunately, reducing sodium causes your cells to release fluid only over the short term, which gives you a "drier" look. Consider this simplification of how the process works: Water leaves cells when

sodium outside cells is lower than the amount inside cells. And cells tend to swell with fluid when sodium outside cells is greater than the amount inside, as sodium seeks a balance between the two.

So here's the problem you're encountering: You're no longer dropping water because the sodium balance inside and outside your cells is likely equal.

Here's a much better strategy to create a drier look for the stage or a photo shoot: Keep your sodium intake elevated (to normal levels) until about four days

before the event, getting in 2,000 to 3,000 milligrams a day. Drop to about 25% on Day 2. Drop it another 25% on Day 3. Cut it out entirely on Day 4. Increase sodium-free fluid intake on all these days (and take in plenty of minerals). On the evening before your target day, cut fluids, consuming only ice chips to continue decreasing fluid retention.

NOTE: After your event, increase sodium gradually—at a rate of about 500mg per day—until you reach your normal intake.

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ROXY™ softgels are a scientific breakthrough in weight loss science. Each ingredient in this precise formulation is aimed at helping you achieve results. This NON-GMO formulation, is a first of its kind in the weight loss category, utilizing a unique flavor-coated softgel liquid delivery, designed to work faster! †

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First Thermogenic Softgel

**Fast Acting FEEL IT FAST
Consistency** (Dosed to precision)

Highest Quality/Premium

(Unlike compressed tablets and capsules that can take up to an hour to be absorbed in the body, softgels take just a few minutes.)

	COMPETITOR BRAND 1	ROXY™	COMPETITOR BRAND 2
First Thermogenic Softgel	×	✓	×
Fast Acting FEEL IT FAST Consistency (Dosed to precision)	×	✓	×
Highest Quality/Premium (Unlike compressed tablets and capsules that can take up to an hour to be absorbed in the body, softgels take just a few minutes.)	×	✓	×



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† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.

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VICTOR CONTE*Victor Conte*

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**was designed to
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- ✓ Healing & Tissue Repair
- ✓ Muscle Strength & Endurance



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ZMA products and get the
results you deserve.**

* Selected references (1-11) are available at snac.com

FOOD & SUPPS | TRY THIS

BY STEVEN STIEFEL

CAFFEINATE

COFFEE DURING YOUR WORKOUT

Many bodybuilders love the enormous boost that comes with taking a pre-workout product with an efficacious dose of anhydrous (dry) caffeine. This dose typically falls between 100 and 400 milligrams. The advantage of taking anhydrous caffeine is that it slams into your system quickly to boost strength and energy and decrease pain associated with weight training, allowing you to lift more weight for longer periods of time.

But that burst of energy can also make you feel twitchy and uncomfortable. Another option is to drink black coffee before and during your workouts for a slower, more even delivery of caffeine. You can add sugar to spike insulin, and you can even add nonfat milk to deliver aminos during your workouts.



TRY THIS

**Drink about 12 ounces
of regular-strength
coffee (hot or iced)
mixed with 2-3 ounces
of nonfat milk and
table sugar to taste.
Another option is
to add your protein
powder to this mix.**



XPEDITE

YOUR PERFORMANCE GOALS!™

THE LATEST FROM RENOWNED SPORTS NUTRITIONIST VICTOR CONTE

XPEDITE™

is an innovative pre-workout drink mix designed to energize your mind and body for more powerful and effective workouts. This product is not only used for high-intensity athletic activity, but also to ignite an energy and performance boost as needed.



Victor Conte

SNAC SYSTEM
FOUNDER/CEO

XPEDITE™

was designed to support and improve:

- ✓ Energy
- ✓ Physical Strength
- ✓ Mental Focus
- ✓ Reaction Time
- ✓ Stamina & Endurance
- ✓ Performance

If you're looking for a great pre-workout product to provide a smooth but powerful source of energy that also includes effective performance enhancers, then XPEDITE is for you!

XPEDITE contains a potent ingredient called **R-Lipoic Acid** or R-LA, which is not included in the lion's share of preworkout/energy products available. Some researchers believe R-LA may eventually be acknowledged as one of the most important nutraceutical compounds on the market for cellular energy production. It has been shown to improve the body's utilization of glucose and may also increase the production of adenosine triphosphate (ATP) within the muscle cells. Likewise, this scientific formula contains **biotin**, **taurine** and **L-carnitine**, which further support the optimal blood sugar levels needed during high-intensity exercise. As a bonus, these ingredients support fat loss by increasing glucose uptake by muscle tissue, which helps to prevent fat cell deposition.

XPEDITE also contains the amino acid **tyrosine**, which is a precursor of the brain neurotransmitters epinephrine (adrenalin), norepinephrine and dopamine,

which transmit nerve impulses. U.S. soldiers undergoing various psychological and physiological stress tests were given tyrosine to measure its effects on performance. The researchers found that they were more efficient, alert and had faster reaction times. In addition, XPEDITE contains **phenylalanine** which may help to elevate mood and enhance concentration.

XPEDITE also includes **citrulline malate** which may boost athletic performance and recovery by accelerating the elimination of the toxic byproducts of protein metabolism and the removal of ammonia and lactate from the blood. Finally, **beta-alanine** is a precursor of carnosine, which regulates important aspects of cell metabolism that may provide stamina and energy-enhancement benefits.

SNAC
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**IT'S TIME TO XPEDITE YOUR
FITNESS AND PERFORMANCE GOALS!**



* Additional scientific research and selected references available at snac.com

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BALSAMIC SALMON QUINOA SALAD

MAKES 1 SERVING

INGREDIENTS

6 oz salmon fillet (skinless, preferably wild caught), salt and pepper to taste

1 tbsp light balsamic vinaigrette

1 tbsp balsamic vinegar

3 cups fresh spinach leaves, chopped

¾ cup cooked quinoa*

DIRECTIONS

1 Season salmon with salt and pepper. Place salmon on small nonstick frying pan over medium-high heat. Cook until desired doneness, about 2-3 minutes per side (turn down heat if overbrowning occurs before desired doneness is reached; the fish should be slightly translucent in center).

2 Mix balsamic vinaigrette with vinegar.

3 Put chopped spinach in large shallow bowl. Top with quinoa and salmon. Drizzle dressing over top. Toss if desired.

*Cook according to package directions, omitting any butter or oil.

FOOD OF THE MONTH

QUINOA

Quinoa is an ancient food from the Andes that has found recent popularity with both bodybuilders and mainstream Americans. While it's typically eaten as a grain, quinoa is actually a seed. One cup of cooked quinoa contains only 222 calories and more than 8 grams of protein. In addition, it delivers 3.5 grams of fats, 39 grams of carbs, and more than 5 grams of fiber. This makes quinoa an excellent carbohydrate source for bodybuilders seeking low-impact carbs while dieting.

— STEVEN STIEFEL

NUTRITIONAL INFO PER SERVING

CALORIES	PROTEIN	FAT	CARBS
543	42g	23g	40g

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PRIME BEEF

MUSCLEMEDS' CARNIVOR AND
MHP'S ISOPRIME 100% BEEF OFFER
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MEAT—WITHOUT THE FAT

■ **Bodybuilders know** that red meat is one of the best ways to add quality muscle to their physiques. That's because red meat is particularly high in the amino acids that promote muscle building—even in comparison with bodybuilding staples such as chicken breast and eggs. Yet beef also comes with considerably more dietary fats and cholesterol than other protein sources, so bodybuilders often opt for these other foods with inferior amino acid profiles ►

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 - 2000 mg Creatine HCl
 - 1000 mg Agmatine Sulfate
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SUPPS | SUPPLEMENTS OF THE MONTH

to avoid unwanted calories, particularly when they're dieting.

Now, however, you don't have to make this choice. MuscleMeds sells Carnivor and MHP has recently developed IsoPrime 100% Beef. Both of these supplements derive their protein from beef, giving you the same quality amino acid profile without the dietary fats. You can add Carnivor or IsoPrime 100% Beef to your whole-food meals or consume it as your pre- or post-workout shake to boost amino acids that help maximize muscle building. Here's why you should add one or both of these products to your supplement regimen:

CARNIVOR AND ISOPRIME 100% BEEF RELY ON THE LATEST TECHNOLOGY TO DELIVER QUALITY BEEF PROTEIN ISOLATE.

Beef protein isolate is refined so that it not only contains all the protein and amino acids of beef but also filters out the unwanted fat and cholesterol. Beef is high in omega-6 fats, not omega-3s, and having more omega-6 fats in your diet can have a negative effect on your cholesterol profile. In addition, the resulting hydrolyzed beef protein isolate mixes well with water and has a delicious taste comparable to whey, casein, or soy (or a blend of these). In other words, these beef protein isolate products taste like a typical protein shake while delivering the desirable amino acid profile of beef. Beef protein isolate goes through a six-step process to make this concentrated form palatable and effective. This includes breaking down the large protein molecules into smaller fractions that are readily digested,

removing impurities that you would get from the whole-food version of beef, and enhancing the absorbability of beef protein isolate.

BEEF PROTEIN ISOLATE CONTAINS HIGH AMOUNTS OF CREATINE.

Beef is an excellent source of creatine, a compound that helps fuel your adenosine triphosphate (ATP) cycle, which fuels muscle fibers on the cellular level. In addition, creatine supports muscle-cell volumizing, helping individual muscle cells expand, grow, and become stronger. Each serving of Carnivor supplies 20 times more creatine than whole-food beef sources, giving you a perceivable advantage over the whole-food form. When you use Carnivor, you don't need to add creatine to your supplement regimen as you do with other protein supplements.

BEEF PROTEIN ISOLATE PROVIDES HIGH AMOUNTS OF BCAAs, CARNITINE, AND OTHER AMINOS.

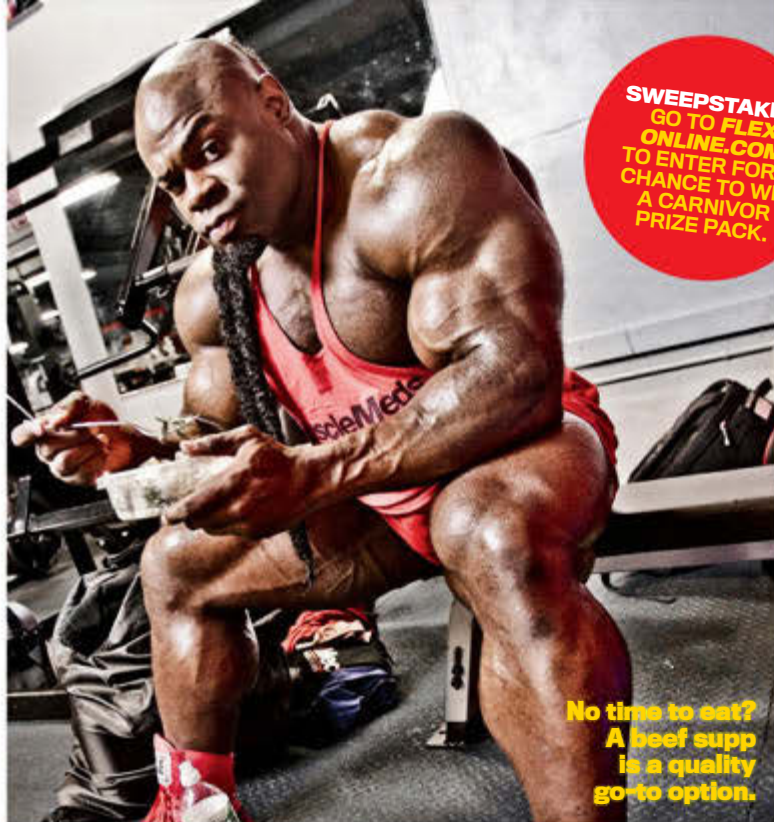
The main ingredient in Carnivor is a hydrolyzed form of beef protein isolate. While this beef protein isolate is naturally high in BCAAs and other amino acids that are crucial for growth, Carnivor also adds even more BCAAs (leucine, isoleucine, and valine). BCAAs are primary actors in supporting muscle growth, bypassing the liver and heading directly to working muscle tissue. This helps promote a positive nitrogen balance that is essential for muscle growth. BCAAs boost protein synthesis, decrease catabolism (muscle breakdown), and reduce muscle fatigue. Ultimately, this improves workout performance and muscle growth.

BEEF UP YOUR SUPPLEMENT



When you want the benefits of beef protein without the excess calories that come with dietary fats (and their slowing effect upon digestion), turn to Carnivor and IsoPrime 100% Beef, two protein supplements that begin with beef's superior amino acid profile. Carnivor is available in 10 flavors, including chocolate, strawberry, and blue raspberry. IsoPrime 100% Beef is available in chocolate, vanilla crème, and strawberry flavors. While you can take Carnivor or IsoPrime 100% Beef at any time of day, it's particularly beneficial when you want a fast source of aminos—before or after workouts, or after you've gone a few hours without protein.

FOR INFORMATION about Carnivor, please visit musclemedsrx.com. To find out more about IsoPrime 100% BEEF, log onto mhpstrong.com.



No time to eat?
A beef supp
is a quality
go-to option.

CARNIVOR DELIVERS AN ANABOLIC NITROGEN RETENTION TECHNOLOGY (ANRT) TO ENHANCE PROTEIN'S BENEFITS.

Too much of any good thing can cause problems. That's true of oxygen, water, and even protein. Carnivor provides a proper dosage of protein, and it also contains the revolutionary anabolic nitrogen retention technology to make certain that the aminos are recycled rather than turning into waste products such as ammonia. ANRT is specifically designed to allow the recycling of aminos back toward muscle-building pathways, helping prevent the buildup of debilitating toxic scavengers that undercut muscle growth.

CARNIVOR AND ISOPRIME 100% BEEF DIGEST QUICKLY, MAKING THEM IDEAL BEFORE AND AFTER WORKOUTS.

Whole-food beef protein digests slowly, and dietary fats further impede quick absorption. This can be beneficial at certain times of the day, such as when you're sleeping and want to sustain a supply of amino acids to your system to prevent muscle breakdown. But in the pre- and post-workout windows, it's crucial to get amino acids to muscle tissue quickly. Carnivor is also a great protein choice when you've gone several hours without a meal and want amino acids to reach your system quickly to help reverse catabolism.

NUTRITIONAL VALUE

SOURCE	CARNIVOR	ISOPRIME 100% BEEF	LEAN BEEF	CHICKEN BREAST
Amount	2 scoops	2 scoops	6 ounces	6 ounces
Calories (kcal)	248	220	358	256
Protein (g)	46	50	52	52
Carbs/ sugars (g)	8/0	4/0	0/0	0/0
Fats (g)	0	0	15	5



NOT JUST LEAN SUPERLEAN™



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† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.

One serving of **Whey HD™** provides you with 25 grams of undeniably delectable protein with unique mouthwatering flavors. The ULTRA PREMIUM formula of **Whey HD™** digests quickly and dissolves easily making it the choice for recovery and building lean muscle.*†

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**BODYBUILDING'S
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TEST BOOSTER**

NOW 20% STRONGER!

Pro-Testosterone Technology Alters Your Biochemistry For Explosive Gains In Muscle Mass!

The enormous proportions of shredded muscularity seen in the photos of today's top professional bodybuilders leave most of us staring in shock and envy. How do they achieve such mind-blowing massive physiques? How do they get their deep cuts, striations and vascularity?

If you think the answer is "testosterone," you're only partly right! Today's top pros know that in order to optimize the anabolic effects of testosterone, they must address many other extremely important hormonal functions...

Major pharmaceutical companies and universities have spent countless dollars in the fields of testosterone replacement and hormonal manipulation. Under the guidance of "in-the-know physicians" and widely acclaimed "gurus," pro bodybuilders have capitalized on this research to take their physiques to amazing proportions. However, those of you who don't have access to this underground network have been left in the dark on how to harness your anabolic potential. But now you have access to a powerful tool for hormonal manipulation thanks to MHP's new **Clinical Strength T-BOMB 3xtreme!**



"We were very impressed with the results of T-BOMB 3xtreme for supporting optimal hormonal balance during training. The athletes taking T-BOMB 3xtreme had more muscle mass and showed a significant 32% improvement in free bio-active testosterone over the control group, with no change in plasma estrogen levels. T-BOMB 3xtreme is a highly recommend supplement for serious athletes."

**- Jacob Wilson, Ph.D.
University of Tampa,
Human Performance Laboratory**

Bodybuilding's Legendary Testosterone Formula

Truth be told, you've been misled to believe that jacking up testosterone alone is the answer to building freaky muscle mass and improving sexual prowess. Instead, the key to achieving all your bodybuilding goals is through *hormonal manipulation*. This is what set MHP's revolutionary T-BOMB II apart from all other testosterone products and made it the legendary category leader. This powerful formula pioneered a new era of "True Hormonal Manipulation and Testosterone Enhancement" designed to help boost testosterone levels, while simultaneously working to limit testosterone conversion to estrogen, block estrogen receptors, help cripple SHBG to increase free testosterone levels and also lower conversion to DHT. This is why hundreds of thousands of men experienced tremendous results from T-BOMB II.

So, how do you make the best testosterone formula even better? You make it stronger!

New Clinically Tested T-BOMB 3xtreme Is 20% Stronger! The University of Tampa Human Performance Lab Put It to the Test

MHP scientists realized the only way to make a better product than T-BOMB II was to make this revolutionary formula even stronger. So they increased the potency of this already potent formula by 20%. To prove the efficacy of new T-BOMB 3xtreme, MHP turned over their powerful test boosting formula to a third party research team and told them to put the product through the most vigorous testing possible. Six weeks later, they had the answers they were looking for - scientific validation that T-BOMB 3xtreme works like no other pro-testosterone product. The groundbreaking research from the University of Tampa Human Performance Laboratory shows that Clinical Strength T-BOMB 3xtreme not only increases total testosterone, it significantly boosts bioactive FREE testosterone up to 32% in just six weeks without increasing estrogen levels!

Here's how the research went down: Scientists at the University of Tampa gave T-BOMB 3xtreme to athletes and put them on a rigorous exercise program, training upwards of 10 times per week for six weeks. Interestingly, the workout conditions were so intense that the control group of athletes who did not take T-BOMB 3xtreme actually experienced a decrease in free testosterone and lost lean body mass. But the athletes who did take T-BOMB 3xtreme daily experienced elevated testosterone, increased free testosterone and a significantly improved testosterone-to-estrogen ratio!

Clinical Strength T-BOMB 3xtreme uses potent doses of powerful herbal extracts, an advanced 5-step hormone optimizing technology and a 2nd Messenger Complex to help increase testosterone levels. At the same time, its advanced 5-step formulation inhibits the conversion of testosterone to estrogen, blocks

estrogen receptors and reduces the production of DHT – which all add up to enhanced anabolic muscle building and improved male performance.

Because of its highly advanced formulation and powerful ability to promote extreme muscular growth, T-BOMB 3xtreme is the test booster of choice for top pro athletes such as Victor Martinez, Brian Shaw, Marco Rivera, Jon Andersen and Joe Mazza. These elite bodybuilders, strongmen and powerlifters turn to T-BOMB 3xtreme to experience the following benefits:

- Increased Muscle Mass and Strength
- Increased Protein Synthesis
- Increased Muscle Glycogen Synthesis
- Increased Sex Drive and Performance

Mimic the Stacks Used by the Pros. T-BOMB 3xtreme's Advanced Optimone-5™ Equals Total Hormonal Manipulation

Clinical Strength T-BOMB 3xtreme's legendary formula and Optimone-5 technology are now 20% stronger than ever! This means T-BOMB 3xtreme provides clinically validated benefits that no other product can provide:

1.) Increases Your Natural Production of Testosterone*

Clinical doses of the most proven testosterone-boosting compounds help force your pituitary into overdrive! Clinical Strength T-BOMB 3xtreme stimulates your pituitary to produce luteinizing hormone and triggers the release of testosterone, helping to promote explosive strength and head-turning gains in rock-hard muscle mass! T-BOMB 3xtreme's incredible testosterone-boosting effects were clinically shown in the University of Tampa research and blow away other test formulas on the market! (See Diagram #1)

2.) Increases "Free Testosterone" by Up To 32% and Cripples SHBG*

Elevated testosterone is only beneficial if it is circulating in the blood as "free testosterone." Sex-hormone-binding globulin (SHBG) is a protein that binds to testosterone, rendering it useless. T-BOMB 3xtreme doesn't just lower SHBG, it helps annihilate it! T-BOMB 3xtreme frees up more testosterone for even greater gains in mass and strength. The University of Tampa study verified a 32% increase in free testosterone without increased estrogen.* Increased sex drive is another positive "side effect" you will experience. (See Diagram #1)

3.) Helps Stop Testosterone to Estrogen Conversion

Unfortunately, not all testosterone remains as testosterone once it's produced. The "aromatase" enzyme converts some of your testosterone into the female hormone estrogen, which is responsible for the accumulation of body fat, water retention, "bitch tits" and poor sexual performance. Anti-aromatase inhibitors found in T-BOMB 3xtreme eliminate the conversion of testosterone to estrogen. This tremendous triumph for MHP R&D formulators solves a very serious problem for bodybuilders everywhere. (See Diagram #2, Figure A)

4.) Blocks Estrogen Receptors

Stage 2 of T-BOMB 3xtreme's "estrogen assault" uses estrogen-blocking compounds to clog the receptors, ensuring that estrogen does not attach to the receptor and exert any of its estrogenic effects. With T-BOMB 3xtreme's two-stage assault, testosterone – and only

testosterone – dominates your hormonal composition. (See Diagram #2, Figure B)

5.) Lowers the Conversion of Testosterone to DHT

Testosterone can also convert into a hormone known as DHT, which is responsible for negative side effects such as poor hair and follicle quality and non-cystic acne. Clinical Strength T-BOMB 3xtreme provides your body with the critical nutrients to minimize and block this conversion. Additionally, minimizing DHT, which normally competes with testosterone for the androgen receptor, leaves even more receptors open for testosterone to latch onto.

EXCLUSIVE Second Messenger Technology: The Testosterone Amplifier!

Regardless of how much testosterone you have pumping through your body, you aren't going to benefit if your receptors aren't responding. If your muscle cells aren't ready to accept all of this extra "T," your testosterone-maximizing efforts are being wasted!

Here's how it works: When testosterone arrives and docks at the muscle cell receptor site, complex intracellular compounds called "2nd Messengers" communicate this arrival to the cell nucleus and trigger an anabolic (muscle building) reaction. The more efficient your 2nd Messengers are working, the louder the signal they send. This is referred to as signal transduction, and the amplified signal increases testosterone's anabolic effects to stimulate muscle growth. Simply stated, if your 2nd Messengers are operating optimally, the muscle building effects of testosterone are increased exponentially!

Clinical Strength T-BOMB 3xtreme brings this amazing, new receptor site technology to you with its proprietary 2nd Messenger Complex. Exclusive to T-BOMB 3xtreme, this complex has upped the ante on testosterone's role in bodybuilding... forever! (See Diagram #3)

T-BOMB 3xtreme: It's Like Testosterone on Testosterone!

Clinical Strength T-BOMB 3xtreme's Optimone-5 Complex will make sure your hormonal landscape is primed for growth. Let's go through our checklist:

- Your pituitary is in overdrive, cranking out testosterone.
- You're crippling SHBG, allowing even more "free testosterone" to be available to latch onto the muscle receptors.
- You're shutting down estrogen with a two-stage assault by halting the conversion of testosterone to estrogen and by blocking the estrogen receptor so estrogen cannot be utilized.
- Then comes the Grand Finale – The 2nd Messenger Complex sends an amplified signal that testosterone has arrived and helps unleash its anabolic effects.

MHP is so sure that you will be amazed by the mind-blowing gains in rock-hard muscle and strength, that they are offering a 100% money back guarantee if you're not satisfied with T-BOMB 3xtreme – NO QUESTIONS ASKED!*

DIAGRAM 1

INCREASED FREE TESTOSTERONE*

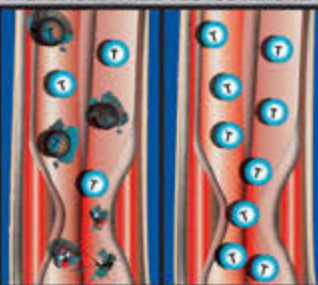


Figure A illustrates what happens to testosterone when it reaches the bloodstream. SHBG (sex hormone-binding globulin) attacks your testosterone and kills it.

Figure B illustrates T-BOMB 3xtreme's powerful ability to keep your testosterone "FREE" by preventing SHBG (sex hormone-binding globulin) from attaching to it. T-BOMB 3xtreme helps maximize the amount of "free testosterone" that your body can use to help trigger an anabolic (muscle building) reaction.*

DIAGRAM 2

TWO-STAGE ESTROGEN BLOCKER

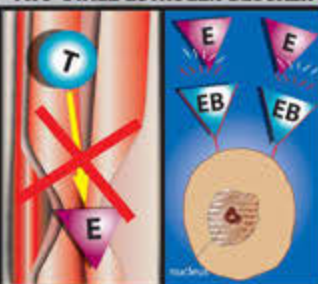


Figure A: T-BOMB 3xtreme helps block the conversion of testosterone to the female hormone estrogen by providing your body with the critical nutrients necessary to hinder this conversion.

Figure B: T-BOMB 3xtreme contains compounds that fill up and block the estrogen receptors in your body. By doing so, the blocked estrogen cannot be absorbed.

DIAGRAM 3

2ND MESSENGER AMPLIFIER

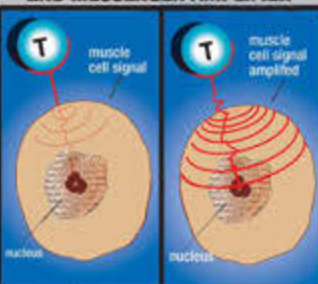


Figure A illustrates what typically happens when testosterone reaches your muscle cell receptors. A weak signal and reaction minimizes testosterone's effects.

Figure B: T-BOMB 3xtreme's exclusive 2nd Messenger complex takes testosterone to the next level by magnifying the testosterone signal in your muscle cells. This powerful signal forces an unprecedented anabolic (muscle building) reaction.

T = Testosterone E = Estrogen EB = Estrogen Blocker

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THE ULTIMATE

ARM WORI

A close-up photograph of a person's muscular arm, showing detailed muscle definition and skin texture. A black strap, possibly a resistance band or part of a garment, is visible on the upper arm. The lighting is dramatic, highlighting the contours of the muscles.

**ADD ONE PERMANENT
INCH TO YOUR ARMS IN
ONE MONTH**

BY DAVID SANDLER

KOUT

Some 20-plus years ago, a never-before-seen arms routine was created to provide maximal growth in a single day. Yes, I am referring to the famous “Inch in 24 Hours” training program that I introduced in the early 1990s that has since seen dozens of iterations and applications—because it works. The routine has science, practice, and thousands of sworn followers who will attest to its ability to produce head-turning results. Taking that knowledge and the foundation from which it was built, we have continued to evolve the legendary program to give you a newer, less time-intensive approach that is just as effective at stretching your shirtsleeves.

SCIENTIFICALLY SOUND

The key to serious size is to take that mythical, only-in-the-gym pump and turn it into permanent muscle. Sure, you can do some fast back-to-back exercises and push your pump through the roof—causing your clothing to fit tight—but just a few short hours later, that pump is gone, and you don’t have the muscle to show for it. The answer to this dilemma is to combine pump-type training with permanent size- and strength-building exercises, then allow for maximal recovery before beating your muscles into submission in the next workout.

There are two likely mechanisms for the dramatic increases seen using this type of training program.

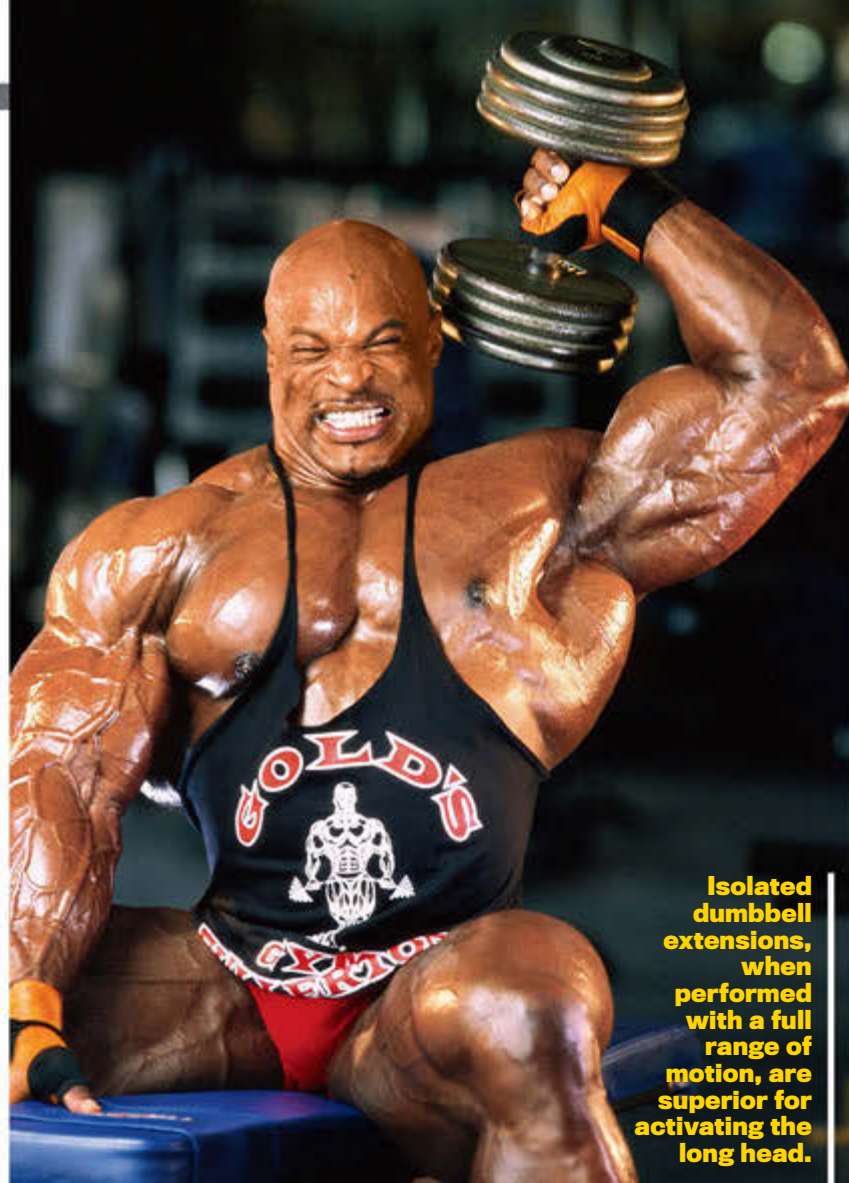
1 The first concept has to do with the natural process of protein synthesis throughout the entire muscle cell and its structural components, including the cell walls themselves, the connective tissues, and the contractile elements. However, with this specific type of stress, it appears that process is enhanced, likely due to the increased volume of training and

our better understanding of the importance of supplementation and good nutrition.

2 The less complicated—but also less understood—concept is the process of cellular swelling that appears to maintain its overall characteristics without affecting muscle function. We know that under injury, including that from severe DOMS (delayed onset muscle soreness), the damaged tissue area swells significantly, generally limiting function, and as the swelling goes down, function is restored. The current thinking here is that if we catch the swelling at the right moment,

somewhere after the pain subsides and full functionality returns, and we continue to train, we reap the benefits of the added tissue swelling. As we have proven time and again using serious volume-training programs like this, if you hit those muscles regularly with proper rest, you maintain the size from both swelling and tissue development. So, we continue to drive the size of the muscle upward: a) if we tear down the tissue by enhancing the muscle-building process; b) provide just the right amount of rest; c) attack the muscle again with an appropriate volume that it can handle.

This program delivers the patented pump-pushing dropset and superset mentality, along with the foundational size-building method of time under tension (TUT). Alternating high- and low-rep sets, increased volume, and short rests provide the pump that make your biceps bulge and triceps terrorize without even flexing.



Isolated dumbbell extensions, when performed with a full range of motion, are superior for activating the long head.



BEST IN CLASS INNOVATIONS



MuscleTech® researchers have been raising the standard in sports nutrition for nearly 20 years – and they've done it again. Introducing 5 all-new Essential Series innovations that deliver the most cutting-edge formulas on the market today. Engineered with full doses of the highest quality key ingredients, Essential Series supplements really are best in class, so you get real results for your money.

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PLATINUM FISH OIL 4x

Platinum Fish Oil 4x has 4 times the omega-3 acids in each soft gel compared to our premium fish oil soft gel. It delivers 1,200mg of omega-3 fatty acids in a single enteric-coated soft gel, without the fishy aftertaste.

PLATINUM PHOSPHATIDYL-SERINE

Platinum Phosphatidylserine packs a clinically studied 600mg daily dose of phosphatidylserine to help suppress cortisol levels and improve the testosterone-to-cortisol ratio for enhanced post-workout recovery.

PLATINUM 100% BETAINE

Platinum 100% Betaine contains a scientifically studied dose of betaine that helped test subjects gain an amazing 3.75 lbs. of lean muscle in just 6 weeks.

PLATINUM PURE CLA 95

Platinum Pure CLA 95 is formulated with the world's purest and most concentrated form of conjugated linoleic acid to help jack up muscle and strength gains.

PLATINUM PURE CLA POWDER

Platinum Pure CLA Powder uses the highest quality, filtered conjugated linoleic acid, delivered in a tasteless powder that mixes instantly. CLA has been clinically studied and shown to support muscle growth.





ARM ANATOMY

BICEPS FORM & FUNCTION

The outer portion of the biceps muscle, also known as the long head, typically sees greater activation the more vertical or pronated your grip is up to the point of performing a hammer-type curling action. The inner head, or the short head, tends to get slightly more activation when the hand is supinated (palms are turned outward). But truthfully, the more you supinate, the more you activate both heads. Also, it should be noted that the more that your elbow is out in front of your body, such as seen in a preacher curl move, the greater emphasis you will place on the short head, and the farther back, the more your long head will fire. But realize that the difference between the varying grips, according to the research, is less than 10% in activation patterns and is more influenced by range of motion, elbow position, and the weight being lifted. But in the interest of covering all of our bases and adding variety, we will utilize all variables.

TRICEPS FORM & FUNCTION

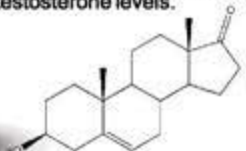
Contrary to the popular notion that flaring your elbows out during an exercise is a bad thing, a fully turned out elbow position is needed just as much as positioning them inward, especially if you want to involve all three heads of the triceps. Isolated dumbbell extensions, when performed with full range of motion, are superior for activating the long head. Pushing downward activates the lateral and medial shorter heads of the triceps, and adding a little outward twist, as can be achieved when using a rope, will give you that extra peak contraction.



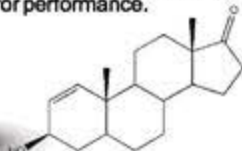
REAL ANDRO IS...



M1D contains an andro precursor to testosterone along with ingredients designed to reduce metabolic clearance and increase conversion. This product is used for men over 21 trying to increase testosterone levels.



1-Andro includes an andro prohormone to the 1-Testosterone. This natural hormone is 7 times more anabolic than testosterone and will help you reach all of your fitness goals by optimizing your hormones for performance.

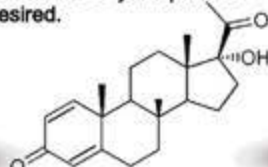


ANABOLIC CONTROL ACT 2014 EXEMPT

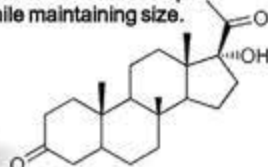
All LG Sciences prohormones are exempt from the recent Anabolic Control Act which was passed in 2014. As DHEA and Progestin based prohormones, the products we sell are NOT Schedule III Anabolic Steroids and won't put you in a position to break the law! You can use LG Sciences products confidently.



pBold is a Prohormone to Boldenone (EQ). Users report increased hunger and also reduced joint pain. pBold is best used for refined cycles where adding increased appetite and reduced joint pain is desired.



17-Pro Andro is a mild hormone that has been compared to Winny in its effect on muscle density without aggression in the gym. It has been reported to maximize performance in cardiovascular sports while maintaining size.



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HERE TO STAY!

** All claims are based on proper diet and exercise. No supplement can replace diet and exercise. It is required that you eat right and workout hard. See a healthcare provider prior to starting any diet and exercise program.



Joe Leachy - NPC Competitor

"I'm 15lbs heavier than the last time you saw me" - Joe

LG Sciences has always been known for andro prohormones that are legal and won't put your health at risk. Our prohormones are not chemically altered and thus safer for your body than illegal steroids that can: harm your liver, make you lose your hair and wreck your prostate. Legal andro prohormones don't have these horrid side effects and we believe are actually good for the modern male over 21. Our prohormones along with proper diet and exercise are how people like Joe Leachy stay in amazing shape like this all year around.



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Phil Heath thrashes triceps with dumbbell skull crushers.



RULES OF ENGAGEMENT

This program is split into two segments. The first is the initial three-hour workout (yes, three!), and the second is the ongoing training for the next four to six weeks, or even longer if your arms let you keep going. The rules are simple: Follow the first workout to the T and take the appropriate rest, and then throw the rule book in the trash to get down to some serious arm training each and every time arm day cycles around. But before you take the field, heed the following.

■ **Keep the load on the target muscles by using good exercise mechanics.**

■ **Tame your urge to cheat on reps until you have gotten at least 80% of the way through your set.**

■ **Lift lighter loads, focus on the reps, and squeeze tight**

when you get to the top of every rep.

■ **Since the biceps comprises two almost equally functioning muscles, and the triceps are composed of three, it is imperative to target each head in every session.**

■ **Adopt the mantra that “no one exer-**

cise is better than another.” Why? Because you need them all in order to fully develop every last fiber within your arms. By specifically calling out one exercise over another, you may mistakenly omit something that limits your growth potential.

FREAK FACTOR

Paul Dillet built some of the freakiest biceps and triceps of all time. He relied on moderate weights, high volume, and a variety of exercises.



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MEET JEREMY

He's a perfect example of why we do what we do.

"Coaching people has always been a passion of mine, the world of health, fitness and nutrition just happened to be a perfect outlet for that passion. From the start of my fitness career getting certified with ISSA was one of the best decisions I ever made. Not only for the amazing functional training education, but also for the extensive business knowledge included in the course work.

Take it from a guy who had little to no business knowledge, working with a few people in a park, to opening and managing my own training facility and staff at Jeremy Scott Fitness in North Scottsdale, Arizona.

The biggest bonus of working with ISSA is the network of other like-minded, trusted, hard working fitness professionals you meet and are associated within the ISSA family. The relationships I have built with other fitness pros over the years are priceless."

—Jeremy Scott, ISSA CFT
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Jason Swarr

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ISSA FAST FACTS

- For over 25 years, ISSA has provided fitness education to over 180,000 students and trainers in 92 countries
- Surveys show that the personal training industry has a high degree of job satisfaction and is one of the fastest growing industries
- ISSA provides no-cost educational support to all of its students, even after program completion



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PART 1

The first day of this program is an off-shoot of the larger single-day "Inch in 24" routine—and it's ridiculous. You pair one set of both a biceps and triceps exercise every five minutes **brachioradialis for three hours. Effectively, you will get 36 sets per side, or 72 sets altogether. You'll then take five to six days off—but no more than seven—before you begin the second part of this program.**

INITIAL SETUP DAY

EXERCISE	REPS
First hour, every 5 minutes, 1 set each	
Skull Crusher	12
Standing Cambered Bar Curl	12
Second hour, every 5 minutes, 1 set each	
Triceps Pushdown	10
Cable Curl with Straight Bar	10
Third hour, every 5 minutes, 1 set each	
Single-arm Dumbbell Extension	12
Alternating Dumbbell Curl	12

"NO ONE EXERCISE IS BETTER THAN ANOTHER. **YOU NEED THEM ALL TO FULLY DEVELOP EVERY LAST FIBER."**



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Quads Gym Chicago IL

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Built Greater

Fouad Abiad
uses strict
form on
standing
barbell curls.




BRUTAL BICEPS

Bertil Fox's peaked, double-split biceps were a sight to behold. Fox trained heavy and used high volume.



PART 2

 You will hit your arms twice a week. Day 1 will focus more on strength and size. You'll take slightly longer breaks between sets and use heavier weights to help establish that solid foundational muscle and build strong bonds between the connective network and the overall cellular protein structure. The second day will be more about emphasizing the peak, developing clean contractions, and focusing on muscle shape. But let's get something straight: Neither day should be a walk in the park—light or heavy, your effort should be maxed.

TWICE-WEEKLY WORKOUT

EXERCISE	SET	REPS	REST
DAY 1			
Skull Crusher	4	8	2 min.
Close-grip Bench Press	4	8	2 min.
Dip	4	10	90 sec.
V-bar Triceps Pushdown	4	10	90 sec.
Straight-bar Curl	4	8	2 min.
Preacher Curl	4	8	2 min.
Cable Curl	4	10	90 sec.
Incline Dumbbell Curl	4	10	90 sec.
DAY 2			
One-arm Cable Curl	4	12	90 sec.
Dumbbell One-arm Preacher Curl	4	12	90 sec.
Alternating Dumbbell Hammer Curl	4	15	75 sec.
Cable Rope Curl	4	15	75 sec.
Dumbbell Skull Crusher	4	12	90 sec.
Rope Triceps Pushdown	4	12	90 sec.
One-arm Dumbbell Overhead Extension	4	15	75 sec.
One-arm Reverse Cable Pushdown	4	15	75 sec.

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FILL THE TANK

One other key factor that should not be overlooked when trying to build jackhammers for arms is your nutrition. Be sure to have adequate, if not copious, amounts of amino acids and protein before, during, after, and daily while you hit the weights with fury. On the initial workout of this program, mix at least 15-20g of BCAAs, as well as an additional 5-10g of glutamine into a huge water bottle and sip throughout your workout. If you can stomach 60-80g of total protein over the course of the workout, that may be a decent option instead. Also, don't be afraid to take an extra scoop of creatine daily, as your muscles will benefit from added energy, more rapid recovery, and internal holding of vital liquids and nutrients. Don't try to do this program while drastically cutting weight for competition. You will need your strength and energy. **FLEX**



Johnnie Jackson hits hammer curls for his outer biceps and brachioradialis.

"KEEP THE LOAD ON THE TARGET MUSCLES."



KING COLEMAN

Ronnie Coleman's biceps grew so easily, he trained them once a week until the rest of his body caught up to his mountainous peaks.

THE ONE THAT STARTED IT ALL

AND STILL THE MOST WIDELY-USED
BCAA DRINK MIX ON THE PLANET

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Enhances Muscle Building[†]

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2.5g of L-Glutamine

1g of Citrulline Malate

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At the heart of XTEND is the nature-designed and research-proven, 2:1:1 ratio of branched-chain amino acids (BCAAs) plus citrulline malate, glutamine, and a proprietary blend of hydration-inducing electrolytes. Originally designed for intra-workout, but highly functional both before and after training, XTEND helps facilitate new muscle construction and helps increase workout volume and intensity.

Shown effective in two university studies,* XTEND is still the most advanced product of its kind and is still the category leader. With show-stopping mixability and 10 refreshing flavors, XTEND continues to outpace comparison... while helping you outpace your competition.



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*Schwett, et al. Consuming branched-chain amino acid supplement during a resistance training program increases lean mass, muscle strength and fat loss. Journal of the International Society of Sports Nutrition 2009, 5(Suppl 1):P1

*Schwett et al. Consuming branched-chain amino acid or whey protein in combination with hypocaloric diet differentially affects muscle mass, body fat and strength in trained subjects. Manuscript in Process.



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A PROTEIN RICH IN BEEF

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MEAT MARKET

BEEF STANDARD

1 SCOOP = 24g PROTEIN
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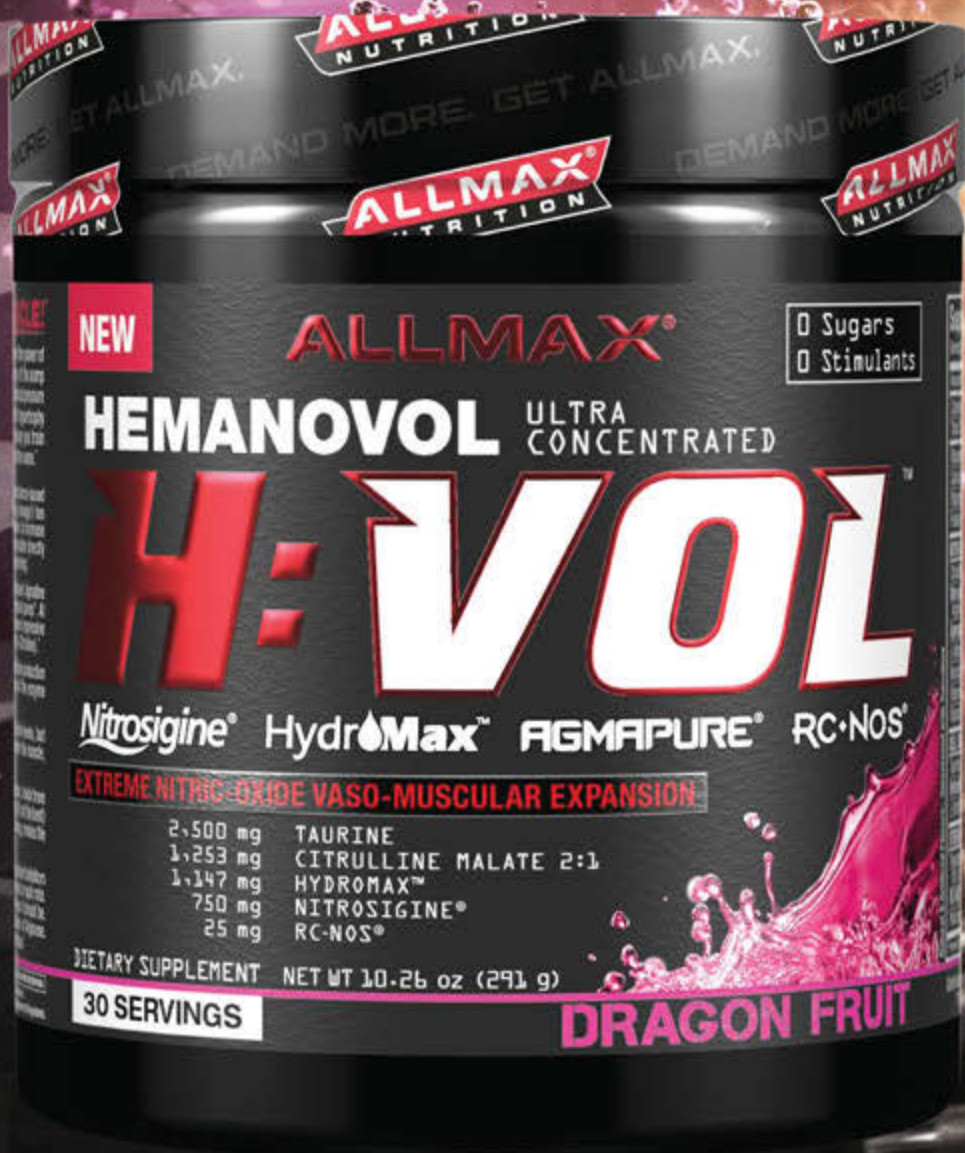


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**DRAGON
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0g

SUGAR

Everyone knows that beef builds muscle! Don't waste another workout and start fueling your body with a superior muscle building protein source. CARNIVOR is the world's first and #1 selling Beef Protein Isolate (BPI), delivering 23 grams of high quality pure beef protein in 10 delicious flavors. Thanks to advanced hydrolysis and isolation technologies, CARNIVOR is a USDA Inspected, 99% pure, premium grade beef protein powder that's highly bioavailable and loaded with performance enhancing BCAAs and creatine. CARNIVOR'S exclusive BPI not only digests as fast as whey protein isolate, but is even more concentrated in muscle building amino acids. And

with CARNIVOR, you get all the power of 100% beef with 0 fat, 0 cholesterol, 0 sugar, 0 lactose and 0 gluten. CARNIVOR is packed with creatine, BCAAs and BCKAs for even more muscle building power. Don't be fooled by the other poorly formulated beef protein imitators. BEEF UP your muscles and get the results your want with CARNIVOR!

Available in 10 delicious flavors!

- HYDROLYZED FOR FAST ABSORPTION
- MORE CONCENTRATED THAN WHEY
- 350% MORE CONCENTRATED THAN STEAK
- LOADED WITH BCAAs & CREATINE

BEEF PROTEIN ISOLATE

POWERED BY
PROLIANT

HIGH SPEED MASS – ALL BEEF GAINER!

50g
PROTEIN

720
CALORIES

0g
SUGAR

Welcome to a new era in mass building supplementation with CARNIVOR MASS, the fast, clean and highly anabolic lean mass gainer that provides your muscles with 50 grams of hydrolyzed Beef Protein Isolate (BPI) and 125 grams of high impact reactive carbs. CARNIVOR MASS combines a unique best-of-breed BPI with an exclusive iSpike™ technology to deliver a near-perfect insulin spike to support maximum muscle anabolism, glycogen replenishment and tissue regeneration to kick start your recovery, while helping minimize fat storage. With CARNIVOR MASS, you get the mass building support of beef at the speed of whey without the lactose, allergies and other problems that are frequently associated with the use of dairy products. And CARNIVOR MASS tastes amazing! If you're serious about your lean muscle gains, start supplementing with CARNIVOR MASS and watch yourself pack on size right before your eyes!

- **50g HYDROLYZED BEEF PROTEIN ISOLATE**
- **720 HIGHLY ANABOLIC CALORIES**
- **125g HIGH IMPACT REACTIVE CARBS**
- **LOADED WITH CREATINE & BCAAs**
- **SUGAR FREE, LACTOSE FREE**
- **ONLY 1.5g FAT**



Available in delicious Chocolate Fudge, Vanilla Caramel, Strawberry, Chocolate Peanut Butter and Chocolate Macaroon!

NEW DELICIOUS SOFT BAKED BARS & BROWNIES

SOFT BAKED PROTEIN BARS

30g
PROTEIN

CONVENIENT
AMAZING
HOMEMADE TASTE



When you bite into a CARNIVOR Soft Baked Protein Bar, you'll instantly understand why so many people are raving that it's the best tasting bar they've ever tried. CARNIVOR BARS are made using proprietary baking technology to create a bakery fresh texture that's different than traditional protein bars. CARNIVOR BARS are a decadent, high protein bar that achieves an amazing candy bar taste while packing 30 grams of protein per serving.

These mouthwatering bars have a soft baked cake-like center surrounded by a rich chocolate coating, infused with either a gooey peanut butter or a flavorful cookies and cream filling. Support your active lifestyle and feed your muscles with CARNIVOR Soft Baked Protein Bars!

Available in Chocolate Peanut Butter and Cookies & Cream!



HIGH PROTEIN BROWNIE

15g
PROTEIN

190
CALORIES

CONVENIENT
AMAZING
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Who says bodybuilders and athletes can't eat brownies? Satisfy all your cravings with MuscleMeds delicious Soft Baked CARNIVOR BROWNIES! These delicious high protein snacks have an amazing homemade taste while providing 15 grams of high quality protein with only 4 grams sugar and 190 calories. Pack in the protein you need with delicious Soft Baked CARNIVOR BROWNIES!



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PERFORMANCE TECHNOLOGIES

BIG GET ON A BUDGET

THE BEST FOODS TO HELP YOU GROW ON LESS

Unless you have a cow you can milk or a pig you can butcher in your backyard, then you are, like us, at the mercy of the rising costs of bodybuilding staples. The harsh reality is that a trip to the supermarket can be a pricey outing, especially when loading your grocery cart with pounds of animal in pursuit of gaining mass like a pro. Before you decide to make tofu your go-to protein on the grill and ramen noodles a lunch staple, there's a way you can still embrace your

inner carnivore while keeping your grocery bill under control. How? **By moving away from expensive proteins and turning instead to more budget-friendly ones.** Here's how to stretch your grocery dollar so you can get all the protein you can stomach without breaking the bank.

SAVE BIG WITH



CANNED SARDINES

In any given supermarket you can probably cast your line for a tin of sardines for **less than two bucks**. The upshot is that the tiny swimmers offer fantastic nutritional value for the cost. Not only are sustainable sardines **jam-packed with protein and muscle-friendly omega-3 fats**, they're also a good source of vitamin D. A recent study in the *Journal of Medicine and Science in Sport* found that higher intakes of vitamin D are associated with improved muscular strength. What's more, Harvard researchers determined that vitamin D can help bolster testosterone levels. You know, that anabolic hormone that helps you get jacked.

SAVE BIG WITH

POWDERED MILK

If you're drinking gallons of milk with your protein shakes in the pursuit of hyper-growth, then you're all too aware that the price of moo juice keeps inching upward. So another great money-saving tip is to buy powdered milk. Gallon for gallon, milk made from **milk powder will cost you up to 35% less** than what you pay for the fresh drink sold in jugs. It also stores very well, so you can buy in bulk and never have to settle for a watered-down shake again when you've run out of milk. You can also use it when making pancakes or for cereal.



SAVE BIG WITH

BONE-IN PORK CHOPS

These will set you back only **about \$5 a pound**, and they're more delicious than chicken breast. Preparing meats like pork with the bone still intact only serves to infuse the cooked meat with more flavor. For the leanest choice, select pork rib chops instead of pork blade chops, which harbor about twice as much fat. On top of the protein—15 grams in each 3-ounce serving—

pork chops are a stellar source of vitamin B12, to keep your nervous system in tip-top shape. For a meal that doesn't taste like shoe leather, start by searing your chops in an ovenproof skillet over medium-high heat for three minutes. Flip and immediately transfer from the pan to a 400°F heated oven. Roast until the pork chops register 140–145° in the thickest part of the meat with an instant-read thermometer, about five to 10 minutes depending on thickness. Let rest five minutes before serving.

PORK CHOPS, AKA "THE OTHER WHITE MEAT," IS A GOOD SOURCE OF VITAMIN B12 AND PROTEIN.



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A SURPRISING
SOURCE
OF CHEAP
PROTEIN
WITH THE SAME
AMOUNT OF
OMEGA-3
FATTY ACIDS
PRESENT IN
MORE COSTLY
SALMON.**

**SAVE
BIG
WITH**

BEEF HEART

If you want to seriously trim your grocery bill, it's time to eat your heart out. Because it's technically a muscle meat, Paleo-worthy heart meat is similar in taste and texture to more common cuts of steak and can be substituted for them in most recipes. And because of a lack of demand, a butcher may toss a **three- to four-pound heart your way for around five bucks**, which can provide plenty of protein (**5 grams in each single-ounce serving**) for numerous meals. Preparing beef heart for cooking is as simple as slicing off the gristly fat around its top as well as any connective tissue. Since beef heart is so lean, it's best sliced thin and cooked fast such as in a stir-fry or on the grill and not past medium-rare. Also try sliding cubes of heart on skewers for a fresh approach to kebabs. Cold slices of cooked heart are also an *offal-y* good addition to sandwiches and salads to pump up the protein.

SAVE BIG WITH

DRY LENTILS

Any mass hound should also include some plant-based protein in his diets. And there's no better place to look than ridiculously cheap dry lentils. With a benevolent price tag of only about **\$1.79 a pound**, lentils are nutritional overachievers that deliver a wide range of vital nutrients including protein (13 grams in a $\frac{1}{4}$ -cup dry serving), complex carbohydrates, B vitamins, and dietary fiber. By helping control blood sugar levels, **a high-fiber diet can make it easier for you to shed the fat.** Unlike dried beans, lentils blissfully do not require an annoying pre-soak before cooking. Simply simmer dried green or brown lentils in a pot of water until tender, about 20 minutes.

SAVE BIG WITH

MUSSELS

If you want to build more muscles than a New England clam bake at a low cost, then make sure to reel in mussels from the fishmonger. At **roughly \$3 a pound**, they offer a fantastically cheap source of protein. They're also a surprising source of the same omega-3 fatty acids present in more costly salmon. A number of studies suggest that consuming higher amounts of these **mega-healthy fats can reduce muscle soreness** in response to a Herculean workout. Even better is how easy mussels are to prepare. Simply place mussels in a large pot and steam them in a small amount of simmering liquid such as broth, beer, or coconut milk until they pop open, which takes only about five minutes.

GET RESULTS!

Clinically Dosed Pre-Workout

Whether you are smashing a tire, maxing out in the gym, biking through the trails or slugging it out on the body bag OUTLIFT is CLINICALLY DOSED to elevate your training and give you results. Each scoop provides an increase in athletic performance, energy and muscle pump all while preventing muscle fatigue. Finish your workout with the same intensity you started with. Outperform your limits, out lift your expectations.



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Shopper**
every body matters

SAVE BIG WITH

TOP SIRLOIN STEAK

For many bodybuilders, beef is sacrosanct as an edible means to sculpting granite-dense muscle. But choose cuts like rib eye, T-bone, or tenderloin, and you may lose your appetite when you see the sticker price. So why not seek out less pricey additions to the grill that may not find a place on the menus of fancy-pants steakhouses but still deliver great flavor and a protein windfall? Costing a reasonable **\$8 a pound**, often-overlooked top sirloin has nice beefy flavor and tender texture. As one of the leaner steak options, top sirloin also delivers a stellar **6-to-1 protein-to-fat ratio**. Other frugal cuts include skirt steak, flat iron, and chuck eye.



**SAVE
BIG
WITH**

TRADITIONAL YOGURT

Don't get us wrong: We love the payload of protein that thick Greek yogurt delivers. But it's still about 30% more expensive than the traditional variety. But don't fret if you need to opt for the version that will cause less pain at the checkout counter. Your muscles will still reap the benefits of about **12 grams of top-notch protein** in each one-cup serving, not to mention the population of probiotics to keep your digestive system humming smoothly. You probably have some protein powder on hand, so if you want your yogurt bowl to pack a bigger protein wallop simply stir in some powder.



SAVE BIG WITH

EGGS

At about **25 cents a pop**, the white orbs offer an unbeatable source of cheap protein. In fact, the quality of protein in eggs is so high that it's often used as the standard for evaluating the protein quality of other foods. So it should come as no big surprise that a recent study published in the journal *Nutrition Today* reported that the **high-quality protein** in eggs can make a valuable contribution to building muscle mass, strength, and power.

But to take full advantage of eggs' low-cost protein, you should think beyond breakfast. They can substitute for meats at lunch and dinner, as well. Think egg tacos, frittatas, or poached eggs over a stack of steamed asparagus. Or stash hard-boiled eggs in the office fridge for a protein-packed snack.

**THE PROTEIN
IN EGGS IS SO
HIGH THAT IT
IS OFTEN
USED AS THE
STANDARD
FOR EVALUATING
THE PROTEIN
QUALITY OF
OTHER FOODS.**

UNRIVALED SENSORY OVERLOAD

UNLIKE ANYTHING YOU'VE EVER TRIED

**THE MOST HARDCORE WEIGHT LOSS
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New **Hydroxycut® SX-7™ Black Onyx™** is the most hardcore and cutting-edge formula on the market today. Super-charged with 7 premium ingredients in a never-before-seen combination, this formula is designed for extreme energy and mental focus. It also delivers hardcore weight loss with green coffee, shown to help study subjects lose 10.95 lbs. in 60 days with a low-calorie diet, and 3.7 lbs. in 8 weeks with a calorie-reduced diet and moderate exercise. With **Hydroxycut® SX-7™ Black Onyx™**, just one dose delivers an unrivaled sensory overload unlike anything you've ever tried!

- Features 7 super-extreme, cutting-edge ingredients
- Delivers hardcore weight loss
- Contains caffeine anhydrous for extreme energy
- With *Coleus*, *Salvia* & theanine for a powerful sensory experience!

NEW
MAXIMUM-STRENGTH
SENSORY FORMULA



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SAVE BIG WITH

WHOLE CHICKEN

Adding a whole chicken to your grocery cart is a sure-fire way to load up on big-time amounts of cost-effective protein. Pound for pound, a whole chicken **costs less than any other cut of poultry** in the meat aisle. Case in point: Chicken breasts ring in at about \$5 a pound, whereas you can score a whole bird for **\$2 a pound**. Best of all, the juicy meat (read: no more bland chicken breasts) can serve as the backbone for several different quick meals, such as sandwiches, tacos, pasta dishes, chili, and salads, during a busy work week. Consider roasting up one or two on a lazy Sunday afternoon and reap the rewards all week long. To save even more money, use the carcass to make your own chicken stock.



CHICKEN CAN SERVE AS THE BACKBONE FOR SEVERAL MEALS DURING THE WEEK.

SAVE MORE

Try these money-saving tips and tricks to slash your grocery bill even more.

NO LOGO Why pay more for well-marketed national brands when lowbrow store brands of everything from pasta sauce to frozen vegetables and canned fish offer a cost advantage?

BULK UP Without the added cost of packaging and ad-

vertising, be sure to raid the bulk bins for less expensive versions of staples like oats, nuts, and seeds. Plus, you can purchase only what you need.

TALK IT UP Get to know your produce manager, butcher, and fishmonger. They can tell you when the prices of perfectly edible foods are most likely to be slashed for a quick sale as they approach their "sell-by" date.

THINK BIG Look for meats like chicken thighs that are sold in family-size packs.

Often costing less per pound, they can be kept in the freezer for up to six months. But it's best to divide the meat into individual servings before freezing.

SUBZERO HEROES Buying some of your out-of-season vegetables and fruits from the frozen-food section can offer a considerable cost savings compared with purchasing fresh versions.

HELPING HANDS If you're home alone, consider pairing up with some other muscle

men and split items that can be purchased in large quantities such as bags of potatoes. You'll waste less and revel in the cost savings of buying in bulk.

WATCH OUT FOR GREEN WASHING

Food labels such as "hormone-free," "free range," and "all natural" often raise the price tag. Sadly, however, these nebulous terms too often lack any real muscle and are not worth the extra cost. Do your label reading research! **FLEX**

POWERFUL PRE-WORKOUT WITH CLINICALLY TESTED INGREDIENTS

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SUPER-EXTREME
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**THE ONLY PRE-WORKOUT WITH PEAK ATP®
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Engineered with 7 cutting-edge premium ingredients, **#Shatter™ SX-7™** is unlike anything your customers have ever tried. It delivers patented Peak ATP® (adenosine 5'-triphosphate), which was shown in a 12-week clinical study from The University of Tampa to help hard-training athletes amp up strength by 147% more than subjects using a placebo. They even put on 8.8 lbs. of lean muscle, while the placebo group only gained 4.6 lbs. – that's 90% more lean muscle! The formula also packs:

- 2,400mg of beta-alanine per 2 scoops to help spike muscle carnosine levels
- A potent dose of caffeine for better focus, endurance and energizing effects
- The premium ingredients *Myristica fragrans*, *Ecklonia cava*, holy basil and grains of paradise



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BY ANITA NIKOLICH PHOTOGRAPHS BY GREGORY JAMES

GAME CHANGE

CRISTINA LIBERATORE HAS BEEN OFFSTAGE, BUT SHE HASN'T BEEN OFF HER GAME

NEW
SUPER-EXTREME
FORMULA

IMMEDIATE 22.5% INCREASE IN STRENGTH

**THE MOST ADVANCED NON-STIMULANT
PRE-WORKOUT STRENGTH ENHANCER!**

GAKIC® VO2 MAX SX-7™ helps you perform at your best during your toughest workouts without the need for creatine or stimulants. Test subjects using the same dose of *Terminalia arjuna* found in **GAKIC® VO2 MAX SX-7™** significantly increased VO2 max and absolute power in an 8-week study. This innovative formula also delivers immediate increases in strength and muscle endurance.

- An immediate 22.5% increase in strength¹
- First-dose strength gains
- A 21% increase in muscle endurance
- Added *Terminalia* for significant VO2 MAX increase



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It's a refreshing about-face to hear an IFBB Pro League bikini competitor complain about consuming too few calories and admit she doesn't know her macro consumption for the week. Of course, Cristina Liberatore is afforded this luxury only because she's in the midst of a hiatus from full-time competition.

Since 2012, Liberatore has stepped onstage three times—at the 2012 IFBB Iowa Pro (10th), 2012 IFBB St. Louis Pro (fifth), and 2013 IFBB St. Louis Pro (ninth). Taking an extended break from the rigors of prepping for pro bikini competitions has enabled her to dedicate more focus on her day job as a marketing strategist and marriage to IFBB pro bodybuilder Mike Liberatore. (The two tied the knot during Olympia Weekend 2012.) “Mike and I both took a break from competing so we could live like a normal married couple—not a fitness couple,” she explains. “Now we go to the gym because we love it, not because we're competing.”

Reworking her schedule to train around office hours was a new challenge for Liberatore. “I worked remotely at my last job, so getting up at six or seven in the morning to get to the office was a hard transition,” she says. “I'm usually done with work between 5 and 6 p.m., and then I go straight to the gym.”

When and where she'll compete next has yet to be determined. And while that means there's no immediate need for her to be militant about counting calories, Liberatore's midday meals are still structured and regimented to compliment her trim figure. “I bring lunch, two small snacks, and maybe a protein shake,” she says. “I'm hoping that I'll be used to this routine by the time I'm ready to compete again.” **FLEX**

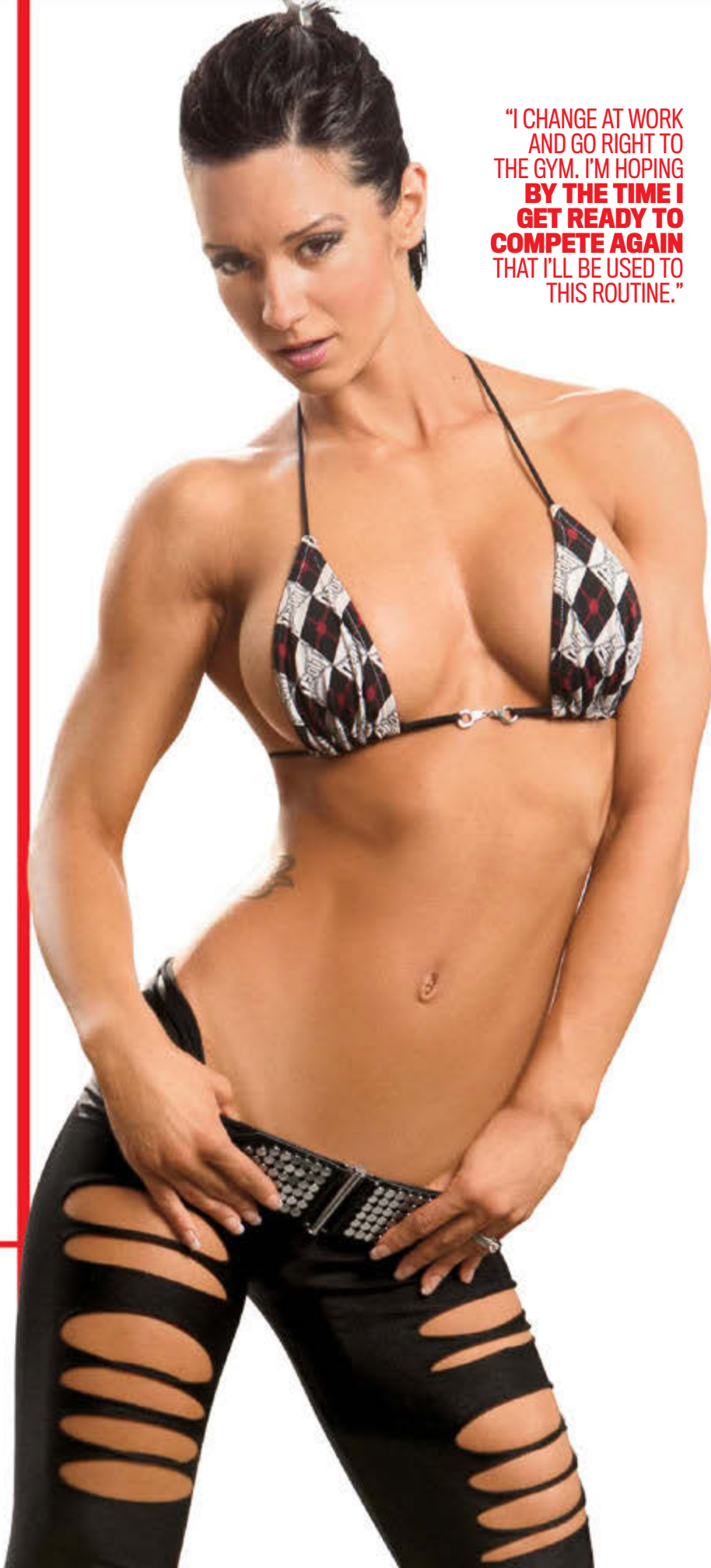
**“I CHANGE AT WORK
AND GO RIGHT TO
THE GYM. I'M HOPING
BY THE TIME I
GET READY TO
COMPETE AGAIN
THAT I'LL BE USED TO
THIS ROUTINE.”**

TRAINING TIPS

Lift heavy.

Use low reps to spur muscle growth.

Never miss a meal.





THE EMERGENCE OF A DOMINANT MUSCLE BUILDER

Groundbreaking new science has revealed that **mTor-p70^{56k}** molecules in muscle cells are the **primary trigger** for **extreme muscle growth**; increase these and you increase muscle size and strength. BCAAs in a precise mixture and dosage of **45% L-Leucine, 30% L-Valine and 25% L-Isoleucine at 8,180 mg** to achieve the **350%** (3.5 times) greater level of **mTor-p70^{56k}** molecules.

DIETING? Restricting calories can cause severe muscle loss. Looking to retain your hard earned muscle while you diet down? **AMINOCORE** is your best dieting ally. Diet your fat, not your muscle!

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NEW FLAVOR!
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THE EDUCATION OF

BY GREG MERRITT PHOTOGRAPHS BY CHARLES LOWTHIAN

EDUARDO

These lessons learned by **Eduardo Correa** helped him finish second in the 2014 Olympia 212 Showdown



Second is the cruelest spot.

It seems to taunt and tempt. “You should’ve won!” “Next time that title will be yours!” “They’ll never let you win!” Hopes and fears battle. Kai Greene knows this. And now Eduardo Correa is learning it, too. After his second in last year’s Olympia 212 Showdown, he’s obsessed with climbing that final, treacherous stretch to the summit. It has been a long journey, and this Brazilian bodybuilder learned many lessons along the way. We look back at the study courses that impacted Correa’s remarkable rise to second-best 212 competitor in the world—the ones he hopes will fuel his rise to No. 1.

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*When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.

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GEOGRAPHY

Located both on the mainland and an adjoining island, Florianópolis is an idyllic city on the southern coast of Brazil noted for its plethora of white-sand beaches, its world-class surfing, and its vibrant club scene. It seems more conducive to sipping caipirinhas on a chaise lounge than downing whey shakes and going to war with heavy metal. But, aside from a few years in Miami, this has always been the home of Eduardo Correa. And representing his native city and country is today one of his prime motivations.

HISTORY

Futebol—aka soccer—is not just the national sport of Brazil—it's the national obsession. The youngest of two boys, Correa excelled at soccer and earned his way onto a prestigious teenage team. When he began toiling with weights to improve his futebol fitness, he realized quickly he liked barbells more than checkered balls. Naturally strong, he competed as a powerlifter. And, when his rapidly expanding musculature slowed his quickness, he gave up the soccer pitch for the gym. At 19, he entered and won his first bodybuilding contest, and his future came into focus.

By his mid-20s, Correa was racing up the IFBB amateur rankings. In 2006, he won the middleweight class of the South American Championships and placed second in the World Championships. The following year, at 26, he became middleweight IFBB World Champ. And in 2008, he won the Arnold Classic Amateur light-heavy division. Still, he had yet to register on most radar screens. Off the top of your head, can you name last year's middleweight World Champ or light-heavy Arnold Amateur victor? Didn't think so.

That's why Correa seemed to appear out of nowhere when he won his 202 pro debut in 2009 and went on to finish third in that year's Olympia 202 Showdown. It was the first of three Olympia 202 or 212 third places for Correa, who is one of the world's most consistently conditioned



LEAN ON ME

The most grueling sets, the heaviest weights... They leave even the strongest reeling. Digging deep for that one last rep, one more time... Even when reason and common sense beg you to stop. Go to that well again and again, and over time, it takes a toll. But that toll is a price a rare breed will gladly pay. For those who demand more from their training, the most from their bodies, there is Animal Flex... The award-winning joint support formula designed specifically for the most intense lifters on the planet. To be depended on when the big weights are on the bar and there's no turning back. When you're alone under a pile of iron that would break most men, Flex will be there. Animal Flex is your trusted ally, the one you can lean on.





body men. Valiantly posing with a torn triceps, he slipped to fifth in 2013. But he charged into the 212 O runner-up spot last year, pushing Flex Lewis to the brink with his trademark combination of upper-body density and high-def detailing.

PHYSICS

Despite his youthful foray into powerlifting, hoisting the heaviest metal was never a priority for Correa. From the beginning, weights were only a means to an end. He wanted to be a bodybuilder. "Don't worry about the amount of weight," he says. "Keep the focus on getting a full stretch and contraction. Your strength will improve with time." His reps vary, depending on the exercise, but he almost never goes under 10, and he sometimes goes as high as 20 on a routine's final set.

As for the three powerlifts, typically the only one Correa still does with a barbell is the squat. But you would never confuse this for a "power lift." He prefers to squat (for sets of 12) last in his quad routine,

after his legs are pre-exhausted with other exercises. This limits the number of plates he can use, and it allows him to better target his quads. He does bench presses with dumbbells or a machine (for sets of 12 to 15). And, because his back depth is superb, he seldom needs to deadlift. Nevertheless, he explains the "bodybuilder way" of pulling deads, which helped thicken his rear shots nearly seven years ago. "Too many people just pull," he says. "I always focus on contracting my scapula back from start to finish to target more my inner back."

GEOMETRY

When you look at Correa's workout routines, one of the first things that jumps out is the variety with which he attacks muscles. He does six exercises for his superb back, and they're a diverse lot: two types of pulldowns, T-bar rows, one-arm dumbbell rows, machine rows, and pullovers. For biceps and triceps, he does four exercises each, and again the lifts selected are about

**"TIME IS THE
ABSOLUTE MOST
IMPORTANT
COMPONENT IN
BODYBUILDING."**

as varied as possible. In targeting both sides of his arms, he uses dumbbells, an EZ-curl bar, a cable, and—for triceps—dipping bars. "A common mistake is choosing exercises that are too similar," he says. "If you want to bring out all the qualities of body parts, you have to work them with a wide variety of exercises."

In addition to a high volume of exercises, Correa also switches those lifts and their order on a regular basis. Ask him his workout one month and it may be completely different than it was the month before.

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CORREA'S BICEPS ROUTINE

EXERCISE	SETS	REPS
Alternate Dumbbell Curl	3	10
EZ-bar Preacher Curl	2	10
Concentration Curl	2	10
Rope Hammer Curl	3	12

CORREA'S TRICEPS ROUTINE

EXERCISE	SETS	REPS
Pushdown	3	12
Lying Triceps Extension	3	10
One-arm Dumbbell Extension	2	10
Dip	2	15

CORREA'S TRAINING SPLIT

DAY 1	Legs
DAY 2	Chest, Biceps
DAY 3	Off
DAY 4	Back
DAY 5	Legs
DAY 6	Shoulders, Triceps
DAY 7	Off

**"DON'T WORRY ABOUT
THE AMOUNT OF WEIGHT.
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hamstrings and quads separately, each twice weekly, and sometimes (as in the split included here) working them together in two weekly workouts.

HEALTH

Two weeks before the 2013 Olympia 212 Showdown, Correa was doing the final forced rep of shoulder presses in a Las Vegas gym when he felt a sharp pain in his left elbow. A triceps tendon had snapped. It was excruciating, and yet, unwilling to let his fans and support team down, he gathered the will to compete in the 212 O with a freshly torn tri. "I was the happiest man in the world then," Correa says of that contest, "because I knew being on stage at that moment under those circumstances was already a victory."

Three weeks after the Olympia, Correa underwent surgery to repair the severed tendon. Then he began the long process of rehabilitation. "Reestablishing the confidence I had before and truly believing I could succeed was the most difficult part," he confesses. As he endured grueling sessions with physical therapists, he rethought everything. He now places a greater emphasis on stretching, warmups, and listening to his body's feedback from rep to rep. "I had to learn how to focus on more efficient ways of training and recovering," he says. "But the most important thing is listening to your body so you know when to push for that extra rep and when to back off."

ART APPRECIATION

When you behold Correa's contest physique, two things stand out—the high-def detailing and the 3-D depth. "I find that mind-to-muscle connection helps me bring out the quality of the muscles," he says. "And getting that, like a lot of things, takes time. You have to work at it. You have to consciously think about the muscles or areas of muscles you want to target when you do each exercise. Forget about the weight's movement. Focus on the tension."

Correa places a special emphasis on contractions. For example, when he does dumbbell shrugs, he'll hold each contraction (when his shoulders are at their highest) for two seconds. He'll do the same on reps of cable crossovers, pausing and

Another thing he does to alter the geometrical angles hit by exercises is regularly change his grip (for upper-body exercises) or stance (for leg exercises). For example, he might do machine rows with an overhand grip one workout, a parallel grip the next, and an underhand grip the third workout. Each variation allows him to stress his muscles in slightly different ways.

BIOLOGY

"One of my favorite statements is you can buy the best food, supplements, and equipment, but the one thing you can't buy is time," the world's No. 2 212 bodybuilder states. "And time is the absolute most important component in bodybuilding." It's a basic biological lesson. Your muscles don't want to

grow rapidly—at least after those first months of beginner's gains (and assuming your nickname isn't "Big Remy"). Correa may have been an overnight sensation in 2009, but in actuality it was 11 years from his first real workout to his pro debut victory—11 years of muscle-making meals and workouts, over and over again, day after day, year after year.

The other biological lesson that all bodybuilders learn is that not all muscles grow at the same rate. For Correa, his lower half trails his upper half. (This is in regards only to size. Come contest days, his legs are every bit as sushi-sliced as the rest of him.) Correa combats this by placing special emphasis on his weaknesses. He trains his legs twice as frequently as his other body parts, sometimes hitting his



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tensing when the handles come together and also visualizing himself crunching a most muscular. Flexing against resistance stimulates more muscle fibers, and it further strengthens the mind/muscle connection.

CALCULUS

When it comes to Correa's pre-judging shape, the diet devised by nutritionist Chris Aceto is the most important component. But contest conditioning is always an equation of diet plus weight training plus cardio. And the factors in that calculus will change, perhaps just subtly, from contest to contest and from day to day. Precontest, Correa reduces his rest periods between sets to elevate his metabolism. But it's a fine balance, because he never wants his weights to drop to under 85% of what he uses in the off-season. To maintain his trademark density, he needs to continue moving maximum weights in the 10- to-15-rep range. Therefore, Aceto recommends cycling rest periods, alternating two weeks of reduced rest periods with two weeks of normal rest periods.

Another Aceto precontest rule is never to train more than three consecutive days. Typically, Correa applies this to both the off-season and precontest. And, unless he really needs to boost fat burning, he avoids cardio as well as weight training on those off days. A cardio-free "vacation" on at least every fourth day helps maintain his metabolic rate and hormonal levels, which, in turn, keeps his muscles fully inflated. Meanwhile, he uses his diet and (on training days) high-intensity interval cardio to peel away the last vestiges of fat. It's a formula that has worked spectacularly during this Brazilian's first six years in the IFBB Pro League.

After last September's Olympia 212 Showdown runner-up finish, when many thought he should've won, Correa has emerged as the greatest threat to Flex Lewis' 212 O dynasty. "It's very important for me to win that title for the people of Brazil," he says. "That's what drives me now." Workout after workout, Eduardo Correa is applying the lessons he's learned during his bodybuilding journey in order to be at his all-time best at the next Olympia 212 Showdown. That will be his ultimate test. **FLEX**

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ABSOLUTE LEG ANNIHILATION

**212-AND-UNDER
FRONT-RUNNER
BAITO ABBASPOUR
THRASHES LEGS**

The decision to move from the open division to the 212-and-under class proved to be a wise choice for IFBB pro Baitollah Abbaspour. The Iranian gym owner and personal trainer entered a marathon of eight contests from April through October 2014, and he placed in the top five in all but one show. But his most impressive feat from last year: taking fifth at the Olympia 212 Showdown—a vast improvement from his 16th-place finish at the 2013 Mr. Olympia competition. At 5'4" and 209 pounds onstage, it's Abbaspour's shredded mass and eye-popping wheels that enable him to edge out opponents who might otherwise be considered structurally superior.

BY **TONY MONCHINSKI** PHOTOGRAPHS BY **PER BERNAL**

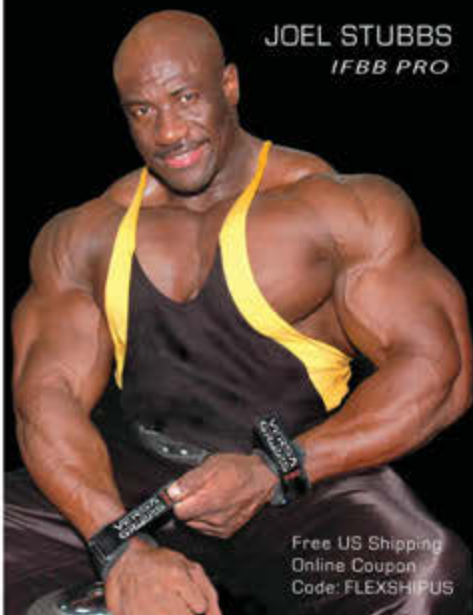




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WHAT REALLY STANDS OUT

about Abbaspour, however, is what he stands up on—his legs. The mass, separation, and detail of Abbaspour's lower body are mind-boggling. Deep separations run up and down his quads, including pronounced splits in the middle of his vastus intermedius (the meaty muscle running the length of one's thigh when viewed from the front). His vastus lateralis (the outer thigh muscle) looks like it was slapped onto the side of his leg by an overzealous sculptor. From the rear the crazy train continues: shredded glutes over gnarly, hanging hamstrings. Here's how he does it.



MACHINE SQUAT

Early in his career, like many guys with freakish legs, Abbaspour relied heavily on free-weight squats to build up his lower body. While barbell back squats still find their way into his workouts, he prefers the safety and predictability of machine squats. Here he is shown doing the plate-loaded machine, but he will use the Smith machine as well. He pyramids up with the weight, starting with 15 reps, then gradually decreases that number as he works up to a last, max set of two reps.



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LEG PRESS

Abbaspour's go-to mass builders are the machine squat and leg press. Clearly, his powerful lower half provides him the ability to pile on a tremendous amount of weight. However, executing smooth reps using a full range of motion tops all else.

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HACK SQUAT

This exercise is not listed in his workout chart, but when Abbaspour does it, it usually follows his main mass-building exercise. While visiting the East Coast Mecca—Bev Francis' Powerhouse Gym—where these photos were taken, he had access to a range and variety of equipment not easily found anywhere else. Naturally, he made his rounds to take advantage of the unique opportunity.



THIGH ADDUCTOR MACHINE

Abbaspour uses two sets of 10 reps on the adductor machine to help him fill out his inner thighs. (And we bet you erroneously thought this machine was reserved for ladies looking to tone their shapely legs!) (not pictured)

STIFF-LEG DEADLIFT

Abbaspour lowers the barbell to the floor, stretching his hams and glutes before standing just short of straight to keep tension on the backs of his legs. He will go as high as 20 reps. (not pictured)



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ABBASPOUR'S WORKOUT SPLIT

SUNDAY	Chest and Triceps
MONDAY	Shoulders and Biceps
TUESDAY	Back and Traps
WEDNESDAY	Off
THURSDAY	Legs
FRIDAY	Off
SATURDAY	Off



LEG CURL

Abbaspour is shown on this page doing both the lying leg curl and the one-leg standing version, but he also implements a variation with a pulley that is rarely seen. He lowers a pulley attachment to the floor and hooks a padded sleeve onto the carabiner. He faces the apparatus, pulls his leg back, and curls it upward. Which-ever type of leg curl variety he's doing, he executes high reps and squeezes the muscle at the apex of the movement.

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LEG EXTENSION

Just when he'd done nine sets for quads and 11 sets for hams, you might think it'd be time to call it quits. But Abbaspour isn't finished, and he returns to quads. Again, he's pictured doing the standard two-leg version, but Abbaspour has his own version he'll employ from time to time: He'll turn his back to the cable crossover machine and slip his ankle through the padded sleeve for single-leg standing cable leg extensions. This time he extends his leg forward, squeezing the quad muscles. Left leg, then right. Since this is another exercise you really don't need to go heavy on, Abbaspour focuses on the burn and does sets of 20 reps.



ABBASPOUR'S LEG ROUTINE

EXERCISE	SETS	REPS
Lunge	Warmup	15 min.
Machine Squat*	7	15-2
Thigh Adductor Machine	2	10
Butt Blaster Machine	4	12-8
Stiff-leg Deadlift	4	20
Leg Curl	4	20
Leg Extension	4	20
Dumbbell Side Lunge	4	15

*Alternate with leg press.



SIDE LUNGE

This move resembles a squatting leg-out adductor stretch: Hold a pair of dumbbells at your sides with feet shoulder-width apart. Keep one foot grounded and take a wide lateral step with the other foot; perform a squat while straightening the stationary leg. The glutes and thigh adductors are the primary targets, with a secondary focus on the quads and hams. (not pictured)

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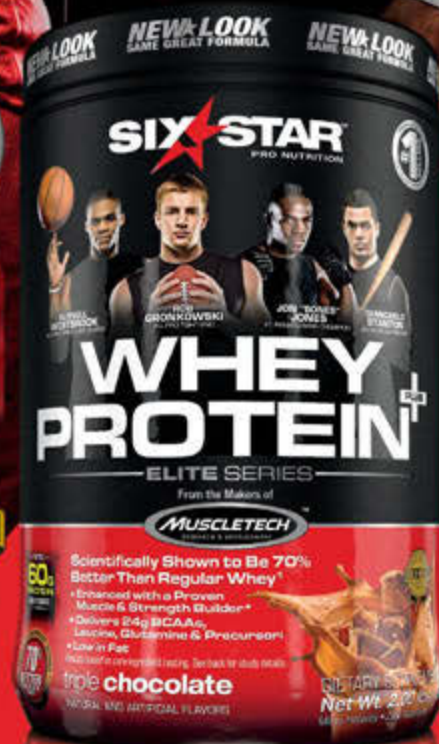
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THE FUTURE

You might think that with a lower body as well-developed and defined as Abbaspour's, legs would be his favorite body part to train. They're not. "I really enjoy training arms and shoulders," he admits.

And after his breakout year in the 212 division, Abbaspour intends to drastically scale back the number of times he'll compete in 2015. As it stands, he has plans to enter only one show. That said, his coach, Mohammad Komasi, isn't willing to confirm that. "He might do the Tampa Pro because it's one of the last contests before the Olympia," he says. **FLEX**



ABBASPOUR'S TYPICAL DAILY OFF-SEASON MEAL PLAN

Meal 1*

200g chicken, 50g oatmeal, 4 eggs, 150g salad with cucumbers and tomatoes, 50g Muscle Nutrition's IsoMuscle

Meal 2

20 olives, 2 apples, 200g chicken, 200g pasta, 200g cooked vegetables, 5ml olive oil

Meal 3

150g cooked Iranian white rice, 2 tomatoes, 300g yogurt, 5ml olive oil

Meal 4

300g fish, 2 potatoes, 200g cooked green vegetables, 50g almonds

Meal 5

250g ostrich meat, 100g pasta, 1 banana, 150g salad with cucumbers

Meal 6

Low-fat hamburger patty on two slices of oat-toasted bread, 150g yogurt, 150g cooked vegetables, 50g MN's IsoProtein

*After his first and fourth meals and after training, Abbaspour consumes 10 BCAA caps from his sponsor, Muscle Nutrition; one serving of MN's MacroMeal; and a shake containing MN's GlutaMuscle (Glutamine). He also takes 2 capsules of MN's Oxidense before training.

A blue and yellow graphic with the word "NEW!" in bold, slanted yellow letters on a blue background.

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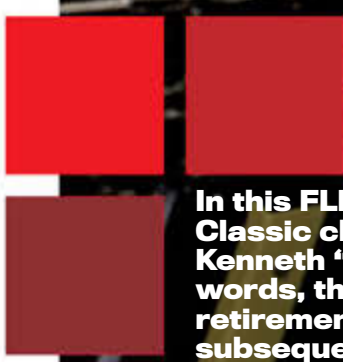
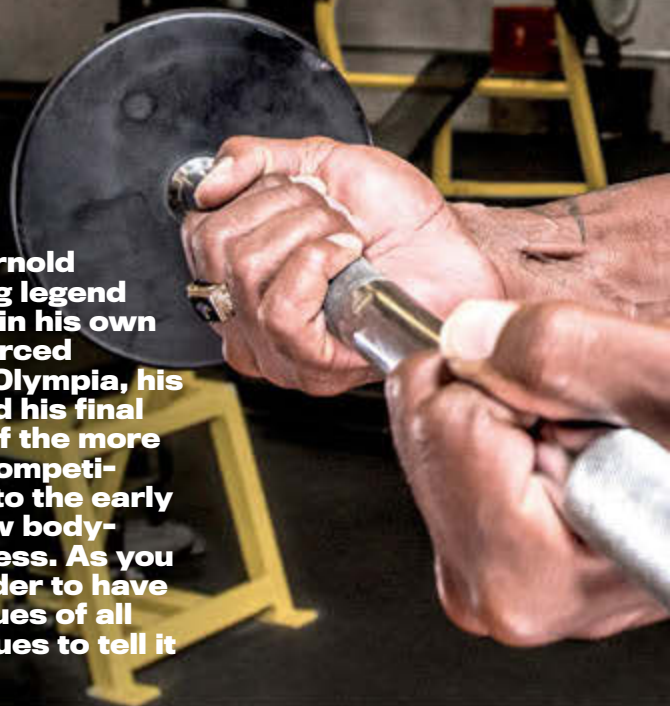
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**FLEX WHEELER RISKED IT ALL TO BE THE BEST...
AND LIVED TO TELL THE TALE**

BY FLEX WHEELER PHOTOGRAPHS BY PER BERNAL



In this FLEX exclusive, four-time Arnold Classic champion and bodybuilding legend Kenneth “Flex” Wheeler recounts, in his own words, the events that led to his forced retirement following the 2000 Mr. Olympia, his subsequent comeback in 2002, and his final retirement in 2003. Wheeler, one of the more controversial athletes during his competitive heydays from the early 1990s to the early 2000s, lets loose on topics that few bodybuilders are willing to openly address. As you will soon see, the man many consider to have crafted one of the greatest physiques of all time has not lost a step and continues to tell it exactly as he sees it.





The medics rushed the gurney out of the ground-level elevator in the hotel and hurried past hotel guests—but it appeared that it was too late. The outline of a motionless body could be seen beneath the full-length white sheet, as curious onlookers clamored to snap photos of the commotion. But what was going through my mind was darker than anything they imagined. You see, I was the one under the sheet. I wasn't dead, but as I struggled to fight violent tremors and an overwhelming sense of my own mortality, I knew that my career in bodybuilding was DOA. And this clandestine ride out of a Los Angeles-area hotel was helping me write the epitaph.

**HERE LIES FLEX
WHEELER...A PRIDE
TOO MIGHTY, ONE
SHOW TOO MANY.**

I was five days removed from my third-place finish at the 2000 Mr. Olympia and was enjoying some downtime with my family. I was in my room with the kids when something started to take a hold of me. I felt off. Confused. Fatigued beyond belief. Then, I started shaking...mildly at first, but then it started to quicken. My kidneys were failing. I looked at

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my wife, Madeline, and calmly asked her to call 911 and get the kids in the other room. While I waited for the medics, I knew I couldn't be carted out conventionally, because such a medical emergency would endanger the sponsorships that supported my family. That couldn't happen. So, despite feeling as if I were on death's doorstep, I had a friend help me convince the medics to help out with the theatrics. Left alone with my thoughts under that sheet, I knew something had to change.

UNDER THE SHEET

That night in the hospital, I was told that my kidneys had completely shut down. I was dialyzed through my neck and was soon released in good condition. As awful as this situation was, I'd been here before. I suffered from a hereditary condition called focal segmental glomerulosclerosis, or FSGS, which causes severe scarring of the filters in the kidneys. And I wasn't doing myself any favors by treating my body the way that I had—intense training, extreme amounts of protein, and the use of what I call “sports technology drugs.” But this had been too close for comfort.

Something had to change. So I decided to go clean—which, in my mind, meant an end to competition. This was a heartbreaking decision, but I'd rather be healthy and retired than Mr. Olympia and dead.

I kept training, of course, usually with my training partner Rico McClinton, and I was in pretty great condition. In early 2001, we went to the Ironman Pro together and watched Chris Cormier win the contest. Melvin Anthony finished second. These were both guys I had beaten before.

“Damn, Flex, you could have been
Continued on page 182

**“I'D RATHER
BE HEALTHY
AND RETIRED
THAN MR.
OLYMPIA AND
DEAD.”**



WHEELER'S STATS

HEIGHT 5'9" | **WEIGHT** 215-220 lbs | **RESIDES IN** Morgan Hill, CA | **WEBSITE** teamflexwheeler.com

CONTEST HIGHLIGHTS Four-time Arnold Classic champion (1993, 1997-1998, 2000), five-time Ironman Pro champion (1993, 1995-1998), three-time Mr. Olympia runner-up (1993, 1998-1999).

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WHEELER'S TRAINING ROUTINE

EXERCISE SETS/REPS

CHEST

Bench Press*	4/10-20
Incline Barbell Press	4/10-20
Incline Dumbbell Press	4/10-20
Hammer Strength Press	4/10-20
Cable Crossover	4/10-20

*Does not include two warmup sets.

BACK

Pullup	4/10-20
Seated Pulldown	4/10-20
Bentover Close-grip Row	4/10-20

SHOULDERS

Rotator Cuff Warmup	—/—
Hammer Strength Overhead Press*	4/10-20
Rear-delt Raise	4/10-20
Rear-delt Cable Crossover	4/10-20
Smith Machine Shrug	4/10-20

NOTE: Flex precedes this workout with a variety of exercises—such as internal and external rotation—to prepare his rotator cuffs for the work ahead.

*For each arm, Flex performs 10-20 reps with a pronated grip, then 10-20 with his palm turned in (neutral). He repeats this for four total sets.

LEGS

Single-leg Leg Extension	6/20 (each side)
Single-leg Leg Press*	4/10-20
Leg Press	4/10-20
Abductor Machine superset with Adductor Machine	4/10-20
Leg Extension	4/10-20
Seated Leg Curl	4/10-20
Unilateral Lying Leg Curl	4/10-20

*Flex increases the weight on each set.

ARMS

Dumbbell Curl superset with Triceps Pressdown	4/10-20
Skull Crusher	4/10-20
Single-arm Preacher Curl	4/10-20 (each arm)
Single-arm Reverse Pressdown	4/10-20

SAYS FLEX: “At this point in the workout, Darius goes on and I usually stop, because my arms are freakish enough. I don’t do arms that often anymore.”



THE FLEX MYSTIQUE

Wheeler made an instant impact during his rookie year as a pro, winning his first four contests and placing second in the Mr. Olympia. After a near-fatal car crash in 1994, in which he sustained a broken neck, Wheeler defied the odds and returned to competition. He amassed 17 contest wins over his pro career and is considered by many to be one of the greatest, and most controversial, bodybuilders of all time.

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Increases IGF-1 Up To 24%*
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“WHY NOT COMPETE CLEAN AND LET THE CHIPS FALL WHERE THEY MAY?”

top five with how you look today,” Rico said to me. “Natural!”

I became indignant. I looked at him and said, “Fuck you, Rico! Why would I go to a show where I’ve kicked everyone’s ass already?”

“Why wouldn’t you compete? Because you can’t take drugs? If that’s the case, bro, you weren’t an athlete, you were a drug addict.”

What he said struck me to my core. He was right. I had been a drug addict, dependent on glory that I got out of a bottle. I already had great genetics—better than most, if I’m being honest. Why not compete clean and let the chips fall where they may?

So I hit the ground running, locked up some sponsors, and got myself ready for the 2002 Mr. Olympia. Mentally, I was in a really good

place—I felt great, I was enjoying training in a way that I hadn’t in years, and I’d gotten reacquainted with my faith. The night of the show, several people from my church were in the audience to see me take seventh place. I’d muscled my way into the top 10—no needles, no pills, just Flex. I was proud.

Later that night in our hotel room, after everyone had left, I just sat in

Continued on page 186

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THE BUSINESS OF FLEX

These days, Flex puts his drive and ambition to work in multiple arenas

TEAM FLEX WHEELER

Working with Olympia World's Strongest Bodybuilder Stan Efferding, Wheeler provides online training, nutrition, and show-prep services to a growing client base.

"Stan doesn't come from money, but he knows how to make money," Wheeler says. At teamflexwheeler.com, prospective clients can shop training packages (show prep, off-season), DVDs, apparel, and more.

THE KOOLER

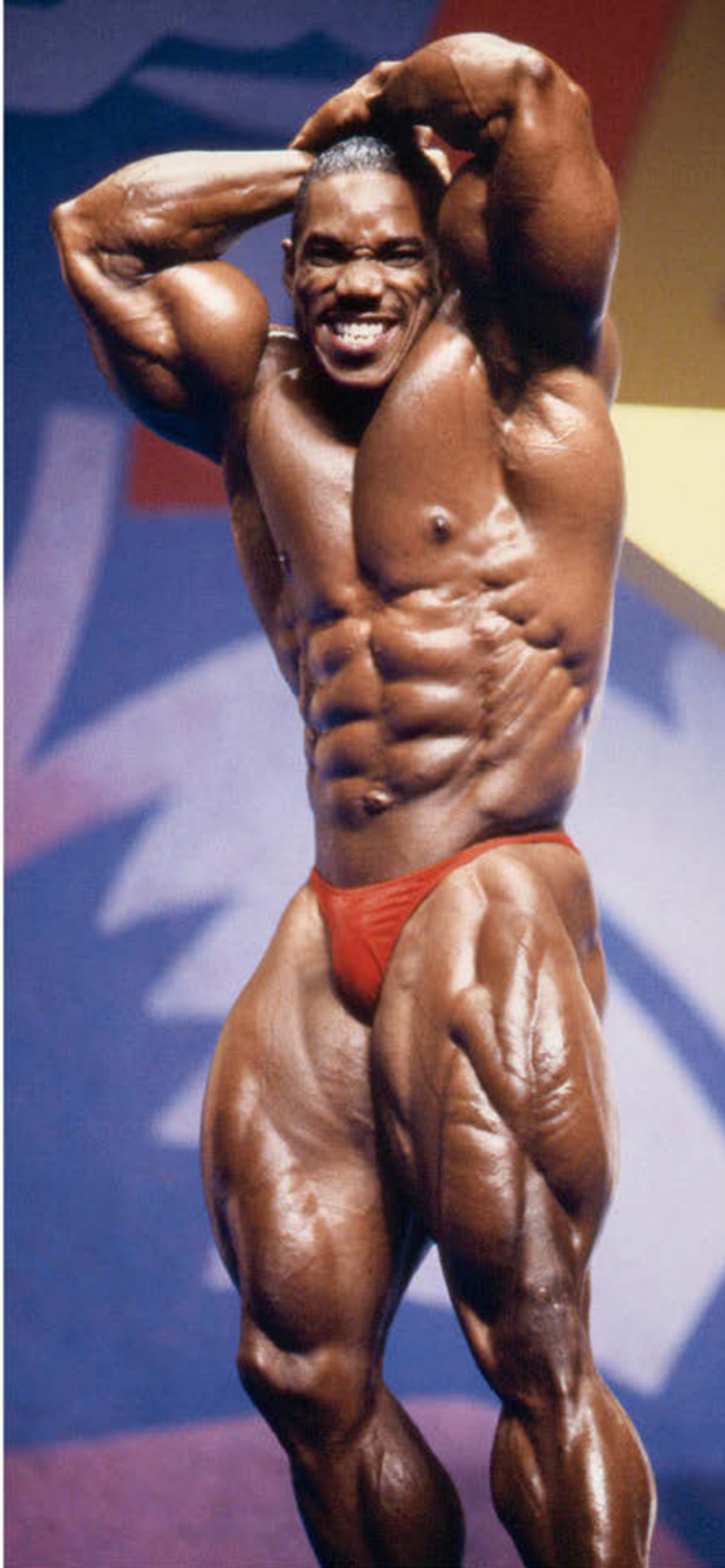
So many guys walk into the gym toting their pre- and post-workout powders, multiple shakers, and the customary gallonish jug of water. Wheeler and Efferding collaborated on the Kooler (thekooler.com), which combines a one-gallon jug with two stowable shaker cups. Now you can consolidate all of that liquid goodness into one highly portable package.

MEX NUTRITION

If you're going to have anyone representing your nutrition brand, Wheeler makes for a pretty big get. Poland-based Muscle Excellence Inc. (MEX) won that sweepstakes, naming Wheeler as vice president and chief adviser in 2014. MEX (muscleexcellence.com) has an entire product line—complete with protein, gainers, pre-workouts, and T-boosters—dedicated to bodybuilders, with Flex as its frontman.

GORILLA WEAR

Also dabbling in the world of apparel, Wheeler is the exclusive California distributor of Gorilla Wear (gorillawear.com), which manufactures clothes for the more swole among us.



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† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.

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"I WAS GOING TO SMASH EVERYBODY AT THE 2003 IRONMAN AND THEN RETIRE."

the shower and the old Flex Wheeler came along—devil on my shoulder—and whipped my ass. I was discouraged, and the familiar taunts began.

Seventh? You would have won this show before, so why settle for seventh when you know what everyone else is doing? You just gave money away tonight. That's all you did.

My emotional torment soon devolved into physical misery, and I ended up back at the hospital that night. My kidneys had failed. Again. I was pissed. How had it come to this? I hadn't taken anything, so how was this possible? That's when the doc explained that my kidneys were affected by other parts of my lifestyle, too, not just the drugs. All those high-protein meals had to get filtered somewhere, and because of the FSGS, they simply were not up to the task anymore. "You can't compete again. Not even natural," he said.

Years earlier, before I had discovered what was ailing my kidneys, I held a loaded Desert Eagle .50-caliber pistol in my lap, ready to end the pain. Being confronted with the spectre of failing kidneys and a laughable life expectancy, I was once again awash with suicidal thoughts. And I was angry. The old Flex started whispering to me again.

DEVIL ON MY SHOULDER

If you're gonna die anyway, why not go back on everything and show everyone what you can really do? Go out with a bang!

So I did. It was back to business

WHEELER'S WORKOUT SPLIT

Wheeler doesn't do regular cardio, but he will do 20 minutes a day on a StairMaster if he's getting ready for a shoot. He trains abs every day and does calves on chest and shoulder days every week. These days, Wheeler trains almost exclusively with his son, Darius, keeping a brisk pace the entire time. The two allow only as much rest as is necessary to switch places between exercises. To keep himself lean and injury-free, he keeps to weight loads he can handle for 10-20 reps on each set.

DAY 1 **CHEST**
DAY 2 **BACK**
DAY 3 **SHOULDERS**
DAY 4 **LEGS**
DAY 5 **ARMS**
DAY 6 **REST**
DAY 7 **REST**

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servings per
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substances

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"IF NOT FOR ALL THE GLITZ AND GLORY AND GRIT AND GORY, I WOULDN'T BE WHO I AM NOW."

as usual. I was going to smash everybody at the 2003 Ironman, then go clean (again) and retire for good. I made the decision that if I had to take 10 years off my life, that was what I was going to do to take care of

times, and finished third behind Jay Cutler (first) and Melvin Anthony (second). I thought I could tighten up to beat them both, but I just could not release water, and I didn't understand how that was possible with everything I was taking. People

my family, got back on my regimen and trained like a beast. But I knew I was killing myself. I avoided mirrors—weird for a bodybuilder—because I couldn't look myself in the eyes. I went into the '03 Ironman, a show I'd won five

may have thought I still looked great, but I felt like walking death.

A week later, with the Arnold Classic just a few days away, I was back in the hospital.

This time was just as terrifying as any. I had become suddenly cold and was unable to think. I started sobbing because I knew I'd screwed up. Had I taken too much of something? Had I taken something at the wrong time? Or was this just my body making its final case against the cumulative damage I'd done? A punishment for the brazen disregard of a dire medical condition? I felt like this time, someone might be pulling that sheet up over my head for good.

But modern medicine is an amazing thing. My treating physician said he didn't understand how I was still alive. I was dialyzed, this time through my groin, to provide my kidneys yet another stay of execution. A mess of tubes, gauze, and emotion, I knew I had to change my lifestyle. The drugs may not have killed me, but they caused everything to progress much faster. The Lord will call me when He's ready, I thought, but the willful destruction of my body to speed that meeting had to stop.

People reading this might lament what my career could have been had I not been dealing with the kidney issues. Well, after all of that—and a transplant in 2003—I can tell you that it played out exactly how it was supposed to. If not for all the glitz and glory and grit and gory, I wouldn't be who I am now.

I've never condoned any drug—it's unfortunate that it was something that I had to do. I know that people all over the world took sports technology drugs because I influenced them, because they wanted to look like me or they just wanted to be a bodybuilder like me. I want people—including my son, Darius—to know that you can pursue your dreams without having to take drugs. It's a conscious choice that you have to make. I made my choices—often struggling against overwhelming pride, and losing—and I'm lucky enough that I get to live with them. **FLEX**



SEE MORE

Bonus: Read more of Flex Wheeler's exclusive story at FLEXonline.com/flexwheeler.



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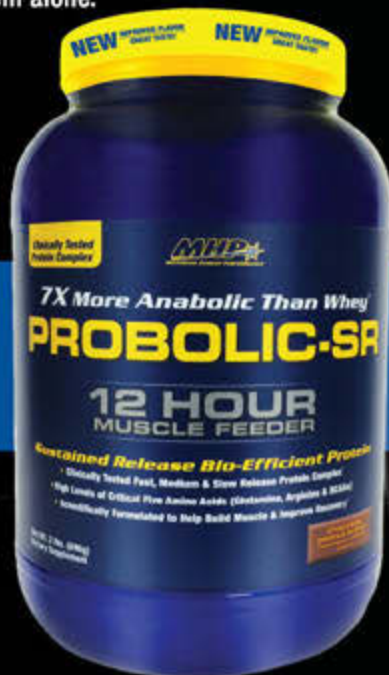
Marco Rivera
IFBB Pro • Team MHP

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*Effect of Protein Blend vs. Whey Protein Ingestion on Muscle Protein Synthesis Following Resistance Exercise, Dr. Reussmann, et al., 2012.
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LAST SET

**YOUR
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MUSCLE
NEWS**



PAGE 192

MUSCLE IN MOSCOW

BIG WINNERS FROM THE 2014 AMATEUR OLYMPIA WORLD SHOWDOWN.

Bodybuilding legend Lee Labrada wants to revamp your posing routine.

PAGE 194

Phil "the Gift" Heath electrifies his rowdy Russian fans at the Amateur O.

PAGE 196

Big weights, big arms, and big chains take over the East Coast Mecca.

PAGE 198

The stars (and bikini babes!) were out in full force at the 2014 Ferrigno Legacy.

PAGE 200



2014 AMATEUR OLYMPIA WORLD SHOWDOWN

NOV. 28-29, MOSCOW, RUSSIA

MEN'S BODYBUILDING



**Abdelaziz
Jellali***

Over 100kg

Morocco



**Kolyasnikov
Aleksandr**

Up to 85kg

Russia



**Oleksandr
Aleksandr
Slobodyanyuk**

Up to 100kg

Ukraine



**Morteza
Oveisi
Pakniyat**

Up to 95kg

Iran



**Kordkola
Morteza
Mashayekh**

Up to 90kg

Iran



**Akbarnia
Babak**

Up to 80kg

Iran



***Earned IFBB pro card and qualified for 2015 Mr. Olympia**



BIKINI

***Earned IFBB pro card**



1 Detusheva Yulia*

Over 169 cm

Russia



2 Blokhina Olga

Up to 163 cm

Russia



3 Krazavina Ekaterina

Up to 169 cm

Russia



Nazin Ilya

Up to 70kg

Russia



Nikolaev Maksim

Up to 75kg

Russia

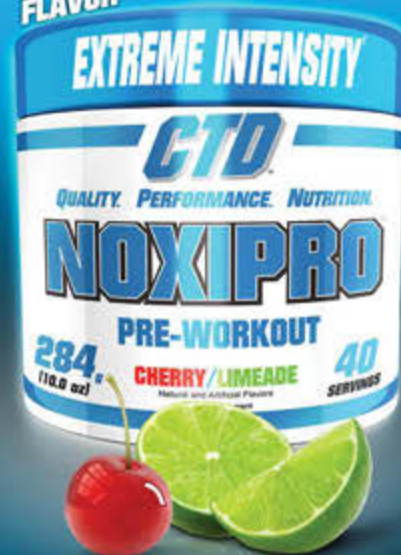
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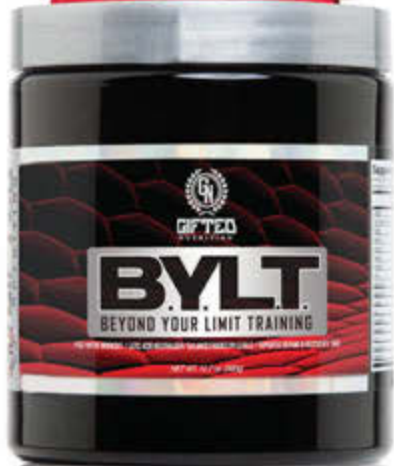
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LAST SET | NEWS

LEE LABRADA

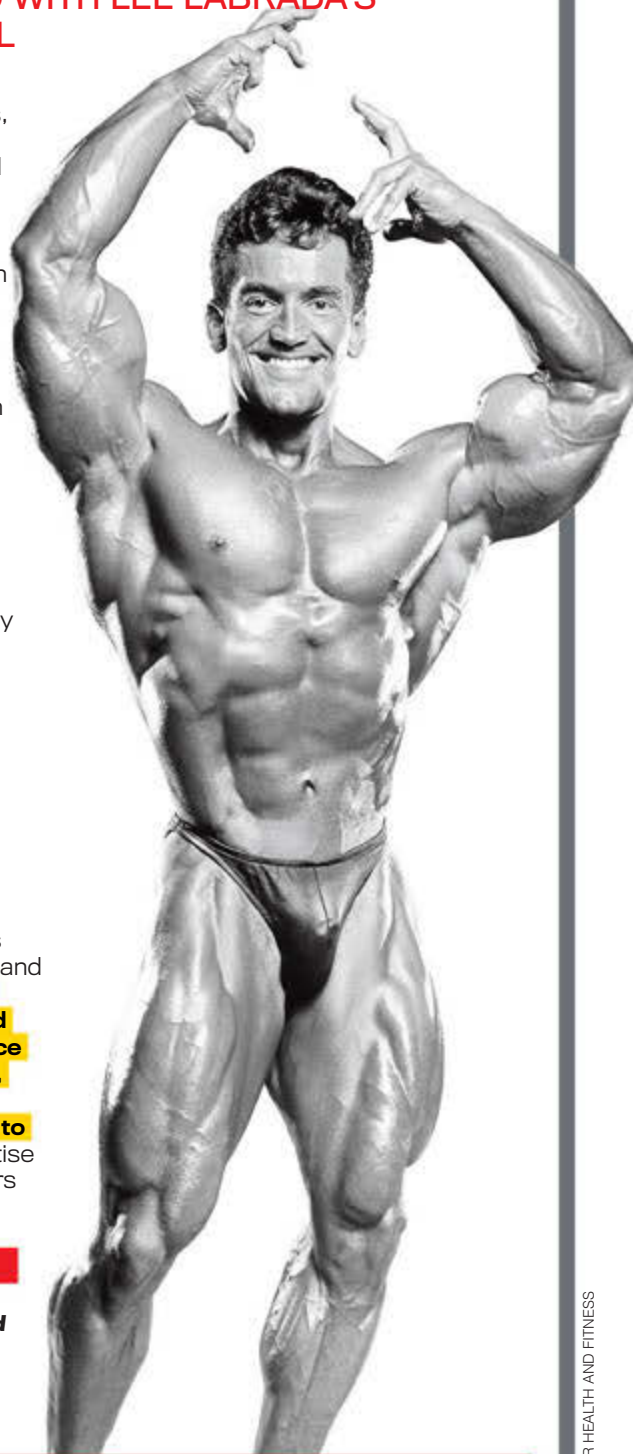
POSE LIKE A PRO WITH LEE LABRADA'S
ONLINE TUTORIAL

■ He stood 5'6" and weighed 186 pounds, with every body part developed to the max and each flowing seamlessly into the next. His blend of size, shape, flawless symmetry, and proportion were the weapons Lee Labrada used to rack up seven contest wins and place runner-up at the Mr. Olympia in 1989–90. In fact, Labrada never finished lower than fourth in all seven of his Olympia appearances, and fifth was his lowest in all 23 of the pro shows he contested. Those numbers are doubly impressive, as he did it against competitors who routinely outweighed him by 30–60 pounds (in some cases, even more). Coupled with his physical gifts, Labrada's coup de grâce was his ability to present his physique in a style that harkened back to the golden era of bodybuilding. His routines made others look clumsy and amateurish. Punctuated with classical poses and an overall stage presence that exuded confidence, Labrada seemed like a Greek sculpture sprung to life. And now that expertise is available to bodybuilders everywhere.



SEE MORE

Five finalists will be selected to show the world their posing skills. To see Lee pose and enter, go to FLEXonline.com/poselikeapro.



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LAST SET | NEWS

FROM RUSSIA WITH LOVE

As ambassador to the sport, four-time Mr. Olympia Phil Heath has traveled the globe to promote bodybuilding and the health and fitness lifestyle. And his easygoing, friendly demeanor, coupled with his natural eloquence, has made him a hit with fans everywhere. Most recently, Heath was in Moscow, Russia, to treat his bodybuilding comrades to a seminar and guest posing appearance. As one would expect, the Gift heated up the normally frigid November weather as riveted fans vied for position to catch a glimpse of the reigning Mr. O. During the seminar, Heath introduced his line of bodybuilding and sports performance supplements, Gifted Nutrition. Later, he entertained spectators with a spirited posing routine, even taking the action out into the packed audience. Never one to turn down a party, Heath mingled and mugged for the camera as fans clamored to have their photo taken with the undisputed king of bodybuilding.



"I've been aware of Russia's best bodybuilders, like Alexander Fedorov, Sergey Shelestov, and more recently, Alexy Lesukov, for quite a while. These athletes prove how bodybuilding is continuing to grow in this country."

—PHIL HEATH



Mr. O stayed late to take pics with fans at the after-party.



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Rabid Pit Bull
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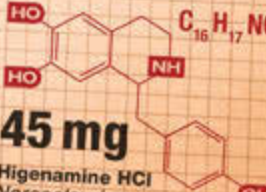
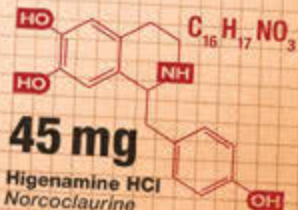
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45 mg

Higenamine HCl
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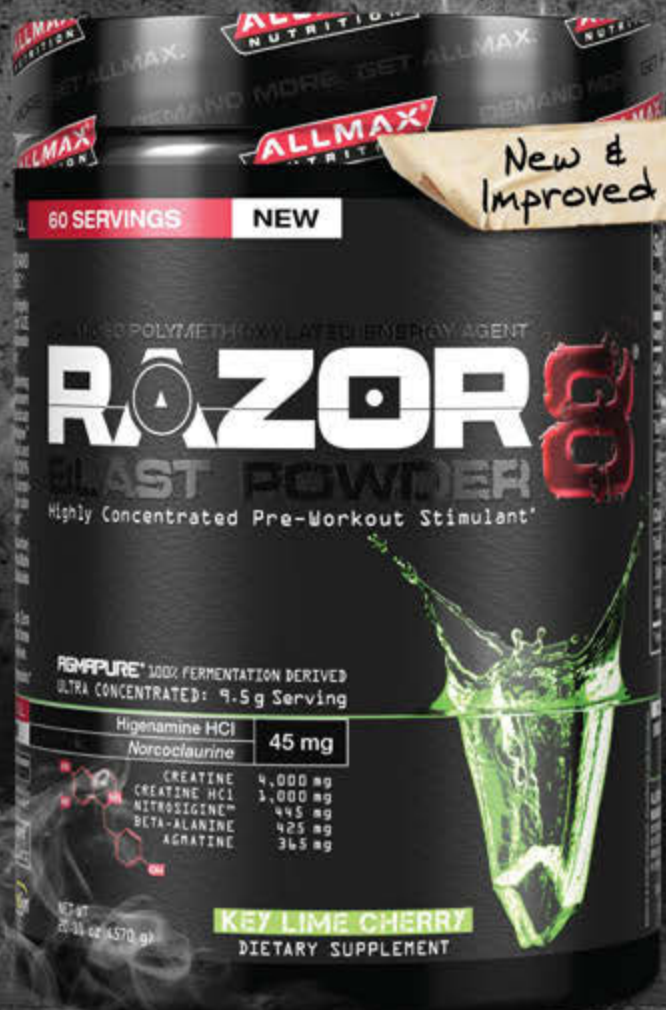
Oc1ccc2c(c1)C(=O)N2[C@H]3CC[C@H]4[C@@H](C(=O)O)C(=O)N4[C@H]3C

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FINAL SET | EAST COAST MECCA



GET IT DONE!



1 Powerlifter Brad Ettinger pushes up a heavy set of machine presses.

2 IFBB men's physique pro Sadik Hadzovic (L) with NPC amateur Nick Liguori (R).

3 Darrel Simpson aims to squeeze out one more rep of chain dips.

4 Nick reps out reverse-grip curls.

5 Darrel's training partner, Jerome Reed, powers through a set of triceps extensions.

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2 Eight-time Ms. Olympia Lenda Murray looking fabulous. The lady still has the goods!

3 Men’s physique winner Andre Adams (C), flanked by runner-up John Nguyen (L), and third-place finisher John Hurst.

4 Co-promoter Chris Minnes (C) with the Ferrigno clan.

5 Don’t you wish you could trade places with Quest Nutrition’s Bruce Cardenas?

6 From left to right, Sean Andros, Steve Weinberger, and Tamer El Guindy.

7 Six-time Ms. Olympia Cory Everson and family.

8 Sugar Shawn Ray looking sharp.

9 1983 Mr. Olympia Samir Bannout and wife.

10 Bikini competitors show off their best assets.



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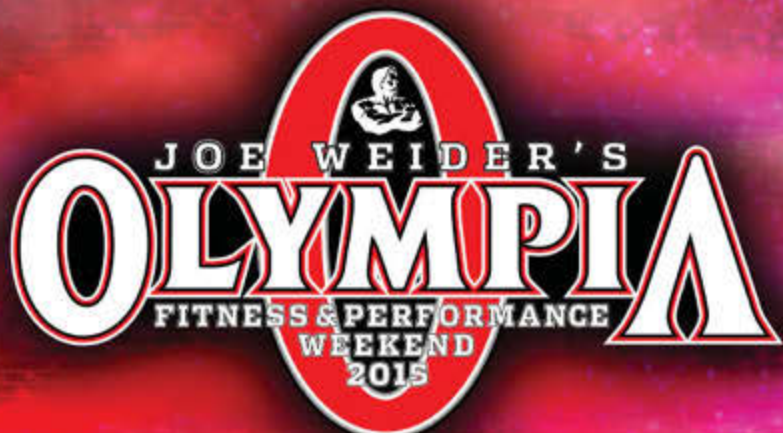
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*Claims based on a clinical dose taken before training, based on double-blind placebo controlled study using 400 mg of PEAK^{ATP} following a specific diet and exercise program. Visit MuscleMedsRx.com for study. Your results may not be typical.